



*Wellness isn't just the absence of health problems. It's a balance of mind, body and spirit and part of living a healthy lifestyle. The Well-Being Center supports this balance with a variety of classes and services to help you develop and maintain your fitness and improve the quality of life.*

### Helping You Focus on Balance and Wellness

An important part of wellness can be simply slowing down and focusing on you. To improve your physical health, we can also offer fitness programs like Pilates, aerobics and Zumba. We are committed to helping you de-stress and build your awareness of the natural balance you need for wellness.

### Classes and Programs by Experienced Professionals

The Well-Being Center delivers quality programs you expect from Premier Health. Experienced, credentialed professionals lead classes and fitness programs, and our schedule is built around your wellness needs. Private instruction is also available.

### A Facility that Enhances Your Wellness Experience

We built the Well-Being Center with your needs and preferences in mind. Our education center and aerobics room are fully equipped and up to date. We offer massage therapy and Pilates in surroundings that support your wellness journey.

## How To Register for Programs

**Early registration is suggested. Please register at least 24 hours prior to the start of each session. Payment must accompany registration to reserve space in class.**



### Telephone Registration

To register by phone call **(937) 734-5860** Monday – Friday from 7:30 a.m. to 3:45 p.m. You will be asked for a credit card number to cover program fees.



### Mail-in Registration

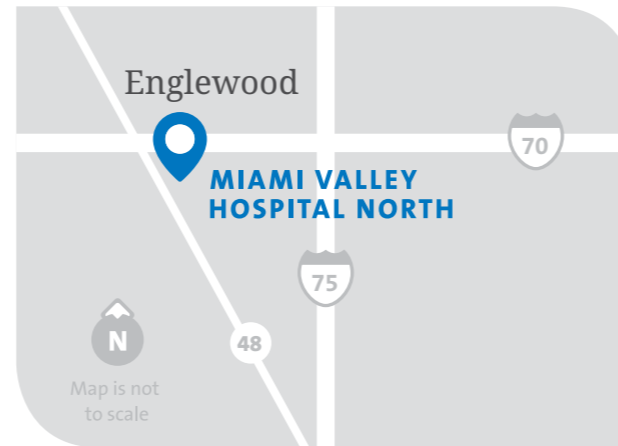
Please mail the enclosed registration for with your check or credit card information to:

**Well-Being Center**  
Miami Valley Hospital North  
9000 N. Main St.  
Englewood, OH 45415

**Please make checks payable to Miami Valley Hospital.**

## Refunds/Cancellations

The Well-Being Center reserves the right to cancel any program due to insufficient registration or unforeseen circumstances. Full refund for any class will be given if request is made five working days or more prior to the start of the class. No refunds will be issued after that deadline.



## Learn More

Visit [mvh.org/wellbeing](http://mvh.org/wellbeing) to learn more about the Well-Being Center.



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## Well-Being Center Classes

Winter/Spring 2020



A variety of programs and services that combine healthy lifestyle with modern medical science and therapies to restore one's natural balance of mind, body and spirit.

