



How does your wellness profile look?

Take a closer look by signing up for a
Personal Wellness Profile today.

The Personal Wellness Profile is a comprehensive assessment of health habits and lifestyle practices. Screenings include full lipid panel cholesterol, blood pressure, body composition, cardiovascular fitness, strength and flexibility.

All participants receive an 18-page profile that provides health information to encourage healthier lifestyles and behavior change.

YMCA Members: \$75

Program Participants: \$100

To learn more or to register for your
Personal Wellness Profile, stop by the
Wellness Desk or call 350-7132.



COMMUNITY HEALTH PARTNERS