



The Wellness Center

It's time for possibilities.

Located at Presbyterian Residential Community, The Wellness Center is open to the public and focuses on the health and wellness of older adults by offering:

- Compressed air equipment for less impact on joints
- Oversized seats, seat backs and handles for comfort and swivels for convenience
- Treadmills, elliptical trainers and recumbent bikes for cardiovascular exercise

Specifically designed to promote independence and self-confidence, The Wellness Center provides opportunities for older adults to decrease anxiety and depression, and enhance body image.

Did you know exercise:

- Increases the efficiency of the heart and lowers blood pressure
- Aids in the recovery from heart disease
- Controls arthritis symptoms, increases bone density, strengthens muscles and improves flexibility
- Quickens reaction time, improves motor skills, enhances memory, increases balance and improves range of motion

We also offer personalized fitness programs. Our on-site wellness coordinator can customize an exercise program based on an older adult's individual abilities and goals while ensuring personal safety on all equipment.

No matter your age or physical ability, or that of a loved one, Community Wellness Partners is your partner in health.

*For more information about how we can help you or someone you love create life-changing possibilities, call **315-801-5200** or visit us online at **communitywellnesspartners.org**.*



COMMUNITY WELLNESS PARTNERS

Making life about you

Affiliation of LutheranCare® and Presbyterian Homes & Services

Combining nearly 150 years of service to our region, **Community Wellness Partners** is an affiliation of LutheranCare® and Presbyterian Homes & Services. Our faith-based, non-profit organizations offer the most complete continuity of health and wellness services for older adults in Oneida County:

- Companion care
- Home care
- Adult daycare, including social and medical care
- Independent living
- Assisted living
- Short-term and outpatient rehabilitation, including pulmonary and respiratory therapies
- Skilled nursing, including palliative, bariatric and dementia care
- Dedicated Alzheimer's residence
- Dedicated Parkinson's residence

Whatever level of care you may desire, **Community Wellness Partners is your partner in health.** Our approach to quality care allows you to create a pathway to health and wellness — a chance to celebrate your unique gifts and talents, and find opportunities to continue to learn and grow.

It's time for possibilities. Call **315-801-5200** or visit us online at www.communitywellnesspartners.org

LutheranCare®

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HOMES & SERVICES

Cultivate your health.



Discover your community.



Follow your purpose.



Nurture your imagination.

