



# AN APPLE A DAY KEEPS THE KIDS AT PLAY.

Our facility offers a wide variety of award-winning health education programs and services for all ages.



- DIABETES EDUCATION AND CARE
- FIRST AID AND CPR
- INTEGRATIVE THERAPY
- WEIGHT MANAGEMENT
- GROUP FITNESS
- EXPECTANT AND NEW PARENTS
- JUST FOR KIDS
- HEALTH SCREENINGS
- CORPORATE WELLNESS

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**Well-being is strengthened by positive attitude, action, and knowledge.**

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**HEALTHCARE FOUNDATION**  
promoting health awareness

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# YOUR PATH TO A HEALTHY LIFESTYLE.

- EDUCATION PROGRAMS
- CORPORATE WELLNESS
- HEALTH SCREENINGS
- INTEGRATIVE THERAPY

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