



YMCA

We build strong kids,
strong families, strong communities.

FOR IMMEDIATE RELEASE

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GRAND OPENING FOR TWO HEALTH AND WELLNESS CENTERS IN GASTON COUNTY SLATED FOR JANUARY 7TH 2008.

Joint venture between CaroMont Health and Gaston County Family YMCA's expected to significantly improve the health of the community.

GASTON COUNTY, NC Getting started on a fitness program can be daunting especially if you have a medical condition like diabetes or high blood pressure. You may be asking yourself "How long should I exercise? Which exercises are safest for me? Should I my blood pressure monitored while exercising?"

With these concerns in mind the Gaston County Family YMCA and CaroMont Health have teamed up to provide Health and Wellness Centers at all local YMCA locations. The medically supervised program is aimed at people who have been recently diagnosed with a medical condition, have never exercised before or not in quite some time, or who are recovering from surgery or an injury. You do not have to be a member of the YMCA to join the program.

Two registered nurses who specialize in exercise physiology will staff the centers. Physicians can refer patients or individuals can self-refer. "For individuals who self-refer we will follow-up with their physician to develop the most appropriate fitness program," said Shree Wise, RN who is based at the Stowe and Cherryville YMCAs. "We will work with the patient to develop goals, then work with the fitness staff to develop a six-week fitness plan. An individual's goals could be to lose weight, keep blood sugar under control, or improve overall health."

While participating in the medical referral program, participants will have full access to the YMCA's facilities including exercise areas, pool, indoor and outdoor tracks and more. The RN will track participant's vital signs and provide guidance, encouragement and education to help them achieve a healthier lifestyle.

"I am excited about the opportunity to provide community nursing," said Wise. The Health and Wellness Centers will provide a range of services including glucose and cholesterol screenings, blood pressure monitoring, flu shots and health consultations for people who may not have access to health care services. The Centers may charge minimal fees for some services, while others are free to YMCA members.

Participation in the program is \$65. YMCA financial assistance may be available.

The Health and Wellness Center's Grand Opening is on Monday, January 7th from 5:30pm-7:00pm at the Central Family YMCA in Gastonia, NC and the Robert Lee Stowe, Jr. Family YMCA in Belmont, NC. All community members are welcome.

For more information, contact Health and Wellness Coordinators, Shree Wise or Amy Adams, by calling 704-865-8551.

The Gaston County Family YMCA serves over 16,000 adults and 11,000 children in Gaston County each year. For over 50 years, the Gaston County Family YMCAs have provided safe and caring environments, positive role models, creative activities and opportunities to serve the needs of others.

The YMCA mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.