

# Health and Wellness

## WELLNESS CENTER

At Frasier Meadows we view wellness from a whole person perspective and encourage lifestyle behaviors that focus on prevention and foster individual empowerment and responsibility.

We offer a comprehensive holistic wellness program and work collaboratively with all departments at Frasier Meadows to promote wellness in our entire community. We have well trained staff members who keep abreast of all the latest information regarding elder health and wellness.

Our center houses a strength training area, large classroom, warm water (92°) resistance pool, locker/changing rooms and 3 treatment rooms for a variety of bodywork and spa services.

Our strength training program which we call “Thrive” uses Nautilus “Next Generation” equipment specifically designed for elders to keep muscles strong and

fit. In conjunction with our strength training program we subscribe to and teach the Egoscue Method of postural alignment and pain free movement. Once you set your goals we offer several different ways of achieving them— independently, in a group setting, or one on one with a trainer.

Wellness is a part of the rehabilitation continuum as well, working closely with the Therapy Department to help people regain their highest level of fitness.

For rejuvenation and restoration of body, mind and spirit, a sampling of our offerings:

- Acupuncture
- Aquasize
- Arthritis Exercise Program
- Biking and Walking Groups
- Chi Kung
- CranioSacral
- Egoscue Classes
- Facials
- Gentle Joint Aqua
- Gyro Kinesis

- Manual Lymph Drainage
- Meditation
- Morning stretch
- Open Swim
- Pilates
- Reflexology
- Strengthening in Chairs
- Tai Chi
- Therapeutic Massage
- Vitality Club
- Water Aerobics
- Watsu (warm water massage)
- Wellness Clinics
- Wellness Talks
- Yoga

“WELLNESS IS A PHILOSOPHY,  
NOT A PLACE”



# Membership

## WELLNESS CENTER

There are both resident and community memberships available and there are three ways you can be a member.

### FRASIER MEADOWS RESIDENT MEMBERSHIPS

Type of Resident Membership	Annual Access Fee	Monthly/Ongoing
Independent	\$50.00*	\$0
Supervised	\$50.00*	\$32.00
Equipment Training (4)	\$60.00	
Guest Passes		\$10.00/day

Egoscue Sessions	Members	Non-members
Initial Session	\$45	\$50
Follow Up Sessions	\$35	\$40

**1. Independent Membership** means you are on your own and it includes independent use of the strength training and cardiovascular equipment and independent use of the pool. There is a registration and training fee (for 4 trainings on use of the equipment). Also included are wellness lectures and discounts on body-work. The following classes are part of the Independent Membership: Water Aerobics (residents only), Seated Yoga, Morning Stretch, Walking Group, Rev Up and Relax, Biking Group. There are charges for all other classes.

**2. Supervised Membership** includes all that the Independent Membership offers plus supervised Thrive strength training– you have designated appointments and a staff person sets the equipment up, keeps your chart, observes and progresses your exercise appropriately. You will work out in a group of up to 4 members.

**Community Memberships** are offered on a quarterly basis only unless you choose the automatic debit option. Annual Community memberships are offered at a discounted rate. (NON MEMBERS- from the community may sign up for classes individually but will not be entitled to any of the membership discounts.)

Rates effective July 2011, and are subject to change.

FRASIER MEADOWS  
RETIREMENT COMMUNITY