

# HEALTH FOR LIFE CLASSES

**2211 LAKE AVE**

**(NEXT DOOR TO PREMIERE  
FITNESS)**

**NOON OR 6 PM**

**JANUARY 10, 2018**

**JANUARY 24, 2018**

**FEBRUARY 7, 2018**

**FEBRUARY 21, 2018**

**MARCH 7, 2018**

**MARCH 21, 2018**

**FINAL MEETING AND  
AWARD CEREMONY IS  
APRIL 4, 2018 AT 6 PM  
ONLY!**

**Thank you to The Lodge at  
Geneva for their generous  
prize donation of a one-night  
stay.**

THE LODGE AT  
**GENEVA**  
ON THE LAKE  
OHIO'S WINE COUNTRY RESORT

**SUPPORTED BY**  
**Premiere Fitness** *Get FIT, Stay FIT*

**Ashtabula County  
Medical Center**  
ACMC Healthcare System

An affiliate of  
 **Cleveland Clinic**

2231 Lake Ave.

Ashtabula, OH 44004 , 440-998-3488



**Ashtabula YMCA**

263 W Prospect Rd,

Ashtabula, OH 44004 440-997-5321



**Chalk Box**

5521 Main Ave

Ashtabula, Ohio 44004 440-992-9619



**Conneaut Arts Center**

1025 Buffalo St,

Conneaut, OH 44030 440-593-5888



**Jefferson Community Center**

11 East Jefferson

Jefferson, Ohio 44047

440-576-9052



**SPIRE Institute**

5201 SPIRE Circle

Geneva, OH 44041, 440-466-1002

Email: [fit@spireinstitute.org](mailto:fit@spireinstitute.org)



**The Yoga House**

2776 E. Center St. (Rt. 20)

North Kingsville, Ohio 440-224-2422



## **12-WEEK WEIGHT LOSS AND WELLNESS PROGRAM**

***PRESENTED BY  
ASHTABULA COUNTY  
MEDICAL CENTER***

**REGISTRATION AND WEIGH-INS  
BEGIN JANUARY 2, 2018  
THROUGH FEBRUARY 1, 2018**

**PROGRAM  
CLASSES BEGIN JANUARY 10,  
2018**

**AT NOON AND 6 PM  
(2211 LAKE AVENUE NEXT  
DOOR TO PREMIERE FITNESS)**

**Ashtabula County  
Medical Center**  
ACMC Healthcare System

An affiliate of  
 **Cleveland Clinic**

## THE HEALTH FOR LIFE PROGRAM



Health for Life, presented and administered by Ashtabula County Medical Center, and supported by Ashtabula County YMCA, *The Chalk Box*, *Conneaut Arts Center*, *Jefferson Community Center*, *Premiere Fitness*, *Relaxing For Health*, *SPIRE Institute*, and *The Yoga House*, is a wellness program that will teach participants healthy habits they can rely on for life.

### PROGRAM HIGHLIGHTS

- Educational classes presented by healthcare professionals
- Inspirational speakers
- Weekly emails to keep you on track
- FREE passes to participating area health and wellness organizations
- Weekly prizes and final Awards Ceremony with cash and prizes
- Limited to 150 participants.

### PROGRAM OFFERINGS

- **ACMC healthcare and Community professionals** offering wellness education classes.
- **Ashtabula County YMCA :** Six FREE passes. Joiner fee of \$17.00 is offered to all 2018 HFL participants.
- **Chalk Box:** Six FREE passes to any fitness class. When all six passes are used, receive 1/2 off the regular program rate for two sessions.
- **Conneaut Arts Center :** Two FREE Sessions.
- **Jefferson Community Center:** Three FREE passes to the Fitness Center.
- **Premiere Fitness: Six FREE passes** Participants may join Premiere for \$20.00 per month on a month-to-month basis, valid January through April.
- **SPIRE:** Six FREE passes to the Fitness center only. Plus, three FREE passes to the Striders Walking Program (M - F, 8 am - 4 pm in the front building). Plus two free workout classes.
- **The Yoga House:** Three FREE Sessions. Please call in advance.

### HEALTH FOR LIFE PARTICIPANT PRIZES

- Cash Prizes for Healthy Weight Loss (as determined by regular weigh-ins held at ACMC Rehabilitation or Premiere Fitness)
- One-night stay at Geneva State Lodge (\$150.00 value)
- Various raffle prizes
- One full-year adult membership to Premiere Fitness. (\$474.00 value)
- One full-year adult membership to Ashtabula YMCA.

### PROGRAM REQUIREMENTS

- Payment of \$20 entry fee
- Packets can be picked up at ACMC Rehabilitation Services or Premiere Fitness.
- Complete a registration form and agree to all program rules as outlined in the program packet by February 1, 2018

**FOR MORE INFORMATION  
CALL**

**JULIE MILLER/SARA WETZEL  
PREMIERE FITNESS  
(440) 998-3488**