



AUGUST 2019

Unlimited Class Pass

For the month of August, Vitality Wellness is offering an unlimited class pass. With the unlimited pass, you are able to attend as many live group fitness classes as you would like for one low price. Click on the link below for more information.

[August Group Fitness](#)

Vitality Wellness Update

by: Katie Gruber

Can you believe it's August already?

When I think about August, I think about change; The closing of one chapter and opening of another. A change in routine is an exciting opportunity to switch up daily habits. Living in Minnesota teaches us an important lesson on change. Change is constant. We cannot stop it. Change keeps us living, guessing, growing, and becoming the best version of ourselves.



CentraCare and the community of Long Prairie made a change to invest in their community and a new wellness adventure was born: Vitality Wellness. We are now a living, breathing, vibrant example of how change is GOOD and necessary for ourselves, our families, and our communities.

At Vitality Wellness, we value the opportunity to join you on your journey to Wellness, and for some that means change. We are here to encourage you through the changes toward a healthier lifestyle. Whether that's stepping into weight lifting for the first time, taking a group fitness class, or discovering the benefits warm water has on your joints, we are here to make that happen for you! Wherever you are on your journey, Vitality Wellness is here to meet you. We strive to encourage and support you on

[About Us](#)

[Memberships](#)

[Facility Hours](#)

[Group Fitness Schedule](#)

[Pool Schedule Aug. 3-18](#)

[Pool Schedule Aug. 19-31](#)

[Contact Us](#)

[Directions](#)



August Calendar

Click on the events below for more information

Wed., August 6

[NATIONAL NIGHT OUT](#)

Fri. August 9

[PATIENT/FAMILY
ADVISORY COMMITTEE
\(PFAC\)](#)

Thur., August 13

[BLOOD DRIVE](#)

[Subscribe](#) to our email list.

life.

As you think about August, I hope you think about a positive change that you can make today. Remember, each change is a turning page—closing one chapter and opening another to bring new beginnings and excitement to life. We may not know what change will bring, but when we step out of our comfort zone opportunities are endless.



Wellness Spotlight

Meet Moriah Cebulla, Vitality Wellness 2019 Summer Intern.

Moriah's favorite thing about Vitality Wellness: My favorite thing about Vitality Wellness is all of the different programs that are offered. Between group fitness classes, swimming lessons, SilverSnacks, physical rehab, and more, I get to interact with all different types of people each day.

Moriah's strongest dimension of wellness: Because of my passion for being active and eating healthy, physical wellness is my strongest dimension. I find it fascinating how physical activity and eating well go hand in hand - one doesn't work nearly as well without the other.

Moriah's favorite ways to stay active: I love to do anything and everything outdoors, such as hiking, rock climbing, and skiing! I also enjoy trying new things and would like to learn how to wake surf!

One thing on Moriah's bucket list: I want to travel somewhere like Thailand or Africa and see wild elephants!

Post-Workout

Nutrition

by: Clara Vancura, Registered Dietitian

A post-workout snack is a great tool to help your body recover from exercise. Post-workout snacks should be consumed within 45 minutes of exercise.

[DIABETES SUPPORT GROUP](#)

Wed., August 21
[CENTRACARE ON OPEN MIC](#)

Thur., August 29
MEADOW PLACE* OPEN HOUSE 2 p.m. - 4 p.m.

*The [Summer Special](#) has been extended until 8/31/19 and tenants receive a FREE membership to Vitality Wellness!

Fri., August 30
[CENTRACARE ON OPEN MIC](#) featuring Vitality Wellness updates



Farmer's Market each and every Friday 2 - 6 p.m.!

Enjoy shopping for (and eating!) delicious, fresh produce and vegetables from our local growers. The market is located directly across from the CentraCare Nursing Home on 1st Ave. SE.

Follow Us On Facebook

[Subscribe](#) to our email list.

to protein to obtain the most health benefits. Click on the recipes below to learn more.

- [Mean Green Smootie](#)
- [Black Bean Brownies](#)

Join Clara for a recipe demonstration. Read more here [SilverSnacks with Clara](#).



Vitality Wellness is creating community well-being and promoting healthy lifestyles. The goal is to provide programs, services and amenities designed to support well-being through the six dimensions of wellness. Click on the image above to learn more



Have you been meaning to schedule your child's annual physical?

Schedule your appointment today.

Call 320-732-2131 or visit [CentraCare.com](#).

Vitality Wellness is OPEN TO ALL. No need to be a CentraCare patient.



[Review Us on Google](#)

Your feedback is important to us!

Contact [Misty Lemke](#), Communications & Marketing

Share this email:



[Subscribe](#) to our email list.

[Manage](#) your preferences | [Opt out](#) using **TrueRemove®**

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

50 CentraCare Drive
Long Prairie, MN | 56347 US

This email was sent to .

To continue receiving our emails, add us to your address book.

[Subscribe](#) to our email list.