

# Wellness Center Services



## Preventative Health Services

- ☀️ Chiropractic Care
- ☀️ Podiatry
- ☀️ Mobile Dentistry
- ☀️ Routine Health Screenings
- ☀️ Nutrition Services

## Exercise & Fitness

- ☀️ Parkinson's Class
- ☀️ Group Classes
- ☀️ Restorative Yoga
- ☀️ Active Aquatics
- ☀️ Fun, Fit Fridays

## Care & Support

- ☀️ Small Group Gatherings
- ☀️ Gratitude Gatherings
- ☀️ Enrichment Programs
- ☀️ Prayer Partners
- ☀️ Caregiver Support Group

## Health & Comfort

- ☀️ Therapeutic Massage
  - ☀️ Pain Management
  - ☀️ Home Furnishings
- Customizable for personal safety & independence*

**For more information, contact Anna Beilsmith, Wellness Coordinator @ 636-577-4000 or email to [wellness@envisionhealthpartners.com](mailto:wellness@envisionhealthpartners.com)**

**Or Call Liz Davis, Community Wellness Specialist to make an schedule a tour @ 636-795-1546**

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### **Envision Health & Wellness**

2000 Boardwalk Place Drive ~ Suite B; O'Fallon, Missouri 63368

Phone: 636-577-4000