



WHITTIER STREET HEALTH CENTER
Comprehensive. Compassionate. Community.

JOIN TODAY!

**Whittier Patients
Month-to-Month**
\$10.00 per individual monthly

**Non-Whittier Patients
Month-to-Month**
\$60.00 signing fee
\$30.00 per individual monthly

**Non-Whittier Patients
One-year contract**
\$60.00 signing fee
\$25.00 per individual monthly

**Non-Whittier Patients
Two-year contract**
\$60.00 signing fee
\$20.00 per individual monthly



1290 Tremont Street
Roxbury, MA 02120

Phone: 617-425-5100
Website:
whittierfitnessclub.org

WHITTIER WELLNESS AND FITNESS CLUB

WELCOMES YOU!

HOURS:

MONDAY-FRIDAY, 6:00 AM —9:00 PM

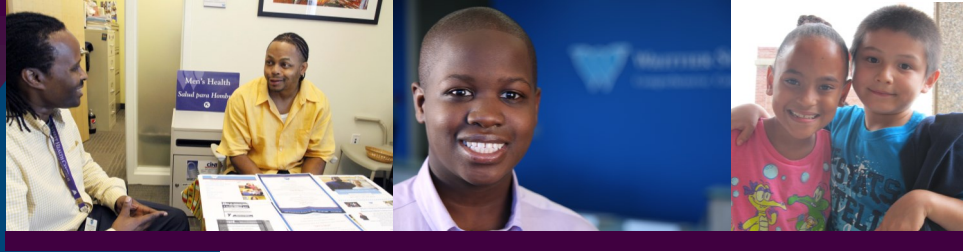
SATURDAY, 7:00 AM—6:00 PM



The Whittier Wellness and Fitness Club will work with you to achieve your fitness and wellness goals!

Members will receive support and educational fitness information from a group of experts, including a physical fitness coach, aerobic instructors, art therapist, dance therapist, nutritionist, Health Coach, acupuncturist, our Social Health Coordinators, Youth Fitness Coordinator and Pediatric Healthy Weight Coordinator.

To register and for questions about the Whittier Wellness and Fitness Club, please contact
Garblah Page, Wellness & Fitness Center, at
(617) 425-5100 or Garblah.Page@wshc.org.



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JOIN TODAY!

Free classes with membership!

Special group rate:

\$30 (5 members or more with a one year contract)

\$35 (5 members or more with a 6-month contract)



WHITTIER WELLNESS AND FITNESS CLUB

Classes And Instruction Available

- Yoga
- Zumba
- Dance Therapy
- Exercise Machines
- Weight Room
- Aerobics
- Acupuncture
- Health Coaching
- Nutrition Education
- Fitness Instruction

Personalized Support for Whittier Patients:

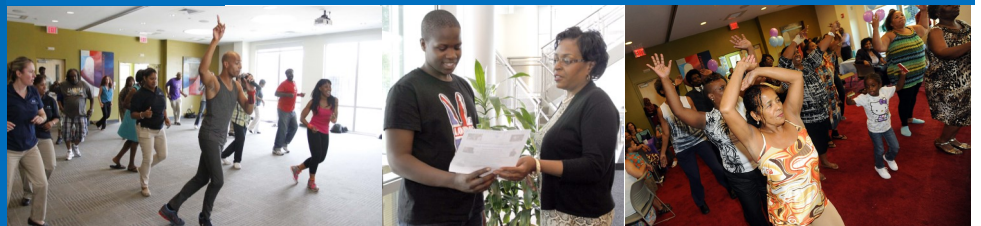
Whittier patients may request to be given a Prescription for Health from their Primary Care Physicians, Psychiatrists, or their Bay State Physical Therapist.

Each prescription will be tailored to your individual needs. Your program will include a configuration of prescribed services, such as yoga, dance, nutritional tips, physical fitness, health coaching, or acupuncture.

A Health Coach will meet with you to formalize your Prescription for Health, schedule attendance among the activity groups, and incorporate nutrition groups and acupuncture.

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