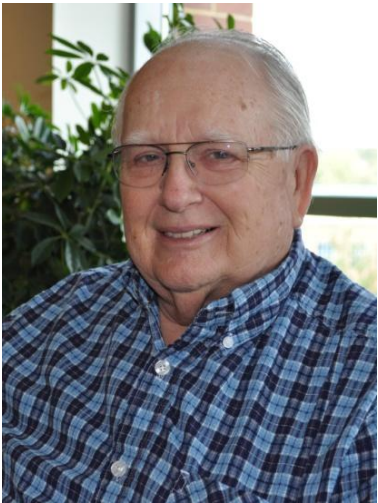


Recognition for Years of Dedication

A handful of members have been with the Wellness Center since it first opened its doors more than a decade ago. Here are a few examples.

In February 1999, John Hopkin’s doctor recommended that he join the Wellness Center to strengthen his heart. Because of the help he received at the Wellness Center, John was able to wait a few years before having surgery in 2005. John feels that going to the Wellness Center, along with eating a healthy diet and regular doctor visits, has paid off over the years. He says, “I don’t go there to try and lift an extreme amount of weight or to run a certain speed on the machines. I just do what is mentally good for me. When I get back home, I feel like I have accomplished something. The Wellness Center has been good for me; and the staff at the Wellness Center has been good to me as well.”



Chuck Pitcher joined the Wellness Center in March 1999. He experienced a heart attack about 15 years ago, and he knew it was important to continue exercising when he moved to Fauquier from Arlington. “I wanted to keep as active as I could. At my most recent cardiology appointment, my doctor gave me a gold star,” said Chuck.

Over the years Chuck has gotten to know the Wellness Center employees and enjoys a good rapport with the exercise physiologists and other staff. He says, “The staff is a big part of what makes the Wellness Center what it is. The programs are well coordinated, the staff is well trained and the center has something for everyone.”

In June 1999, Henry Baxley joined the Wellness Center. “I was ill and spent two weeks in the hospital,” said Henry. “During that time, I lost strength in my legs, was confined to a wheelchair and walker and was diagnosed with diabetes.” He completed some physical therapy, after which his doctor recommended he continue exercising. “My goal is to keep on exercising to remain healthy. Staying active is one of the best things for my overall health and my diabetes.”



The Wellness Center staff is important to the satisfaction of our members. Each and every exercise physiologist, nurse, physical therapist or diabetes educator looks forward every day to seeing familiar faces and welcoming new ones. They are able to and interested in helping them to reach their goals, no matter how big or small.