

# WELLNESS

*Keeping you Healthy, Happy & Active*

## OUR MISSION

Encouraging and empowering the Chapel Haven community to live healthier, happier lives by providing easy access to necessary programs, support and a positive environment.



## FIND YOUR FITNESS

Find your perfect workout!  
You can work 1-on-1 with a Personal Trainers or,  
you can sign up for group fitness classes like:

- Kickboxing
- Zumba
- Full Body Fitness
- and yoga

## FUEL YOUR SUCCESS

What does it take to eat healthy? Learn in a nutrition course and then go load up on healthy meals -to-go from our Wellness Cafe, or take the next step and become a master chef in a cooking classes.



## GET FIT WITH FRIENDS

Getting fit with friends is always better. You can sign up for Special Olympics sports, cover some mileage with the CH Run Club, or participate in other rec sports to get fit as a team.

## THE SUPPORT YOU NEED

We have all the resources you need to help you reach your health and fitness goals - Personal Trainers, Nutritionists and more. Book a time to talk to our Wellness Coordinator to find the right selection of Wellness offerings for your goals!

