

Stay strong, independent and inspired.

WellSpan is proud to introduce **WellStrong**, a medical fitness program created exclusively for Amblebrook residents by WellSpan experts. WellStrong is designed for active adults who want to stay fit, energized and in control of their well-being — with expert support every step of the way.

Whether you are new to exercise, managing a health condition or transitioning from physical therapy to a well-rounded fitness program, WellStrong is a great option for those who need special care and guidance while feeling part of a support system.

What is included:

- Customized fitness plans tailored to your health needs and goals, wherever you are in your wellness and fitness journey
- Safe, supervised and goal-centered individual and group workouts led by certified WellSpan medical fitness specialists so you don't have to worry about "what to do" for exercise
- Land- and aquatics-based sessions to improve heart health, build strength, increase flexibility and prevent falls
- Lifestyle coaching

Who should consider WellStrong:

- Individuals navigating health conditions like heart disease, diabetes, nerve issues, sore muscles or joints, recovering from cancer, or anything else that might need special attention when planning an exercise program.
- Anyone seeking a safe, supportive fitness community who wants to practice lifelong fitness and build confidence to enjoy a healthy, active lifestyle

**Aging well is about living well.
Let's do it together.**

**Stop by the Fitness Center at Rock Creek
Club and speak with a WellSpan expert to
find the best option for you.**

