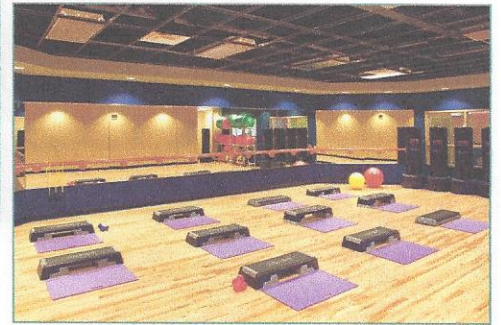
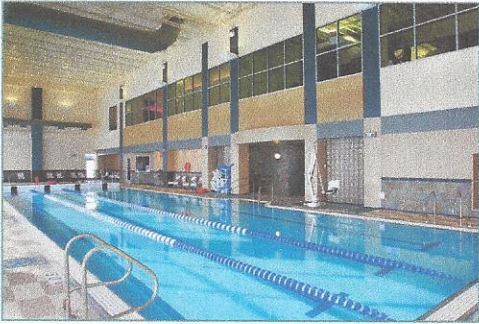


**Holy Family Memorial
WELLNESS CENTER**



Opened in October, 2005 the Holy Family Memorial Wellness Center, Manitowoc, Wisconsin, is an 86,000 square foot facility housing a medical office building, wellness center and other healthcare services developed in response to the needs of the community.

In addition to its fitness members utilizing the center, the hospital offers wellness education programs which include healthy cooking classes, smoking cessation, and special health screenings such as diabetes, blood pressure, etc.

An expansion of Holy Family Memorial's outpatient therapy programs is also located in the Center which includes Sports Medicine and Physical Rehabilitation programs. A 45,500 square foot wing of the building is comprised of a walk-in clinic that is also used for a new complementary medicine program, physician office suites, a diagnostics lab and other clinical services.

- Physical rehabilitation
- Indoor walk / jog track
- Aquatics center which includes a 25 yard lap pool with warm water therapy and whirlpool
- Aerobics
- Cardiovascular equipment
- Free weights area
- Conference room / Demo kitchen
- Logo shop
- Heart Healthy Café
- Men's, women's & family locker rooms
- Wellness programs
- Massage services
- Child care service
- Guest computer terminal areas



Manitowoc, Wisconsin