

Wellness Connection of the Miami Valley

Issue Area: Health, Social and Public Safety Services

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Summary:

The Wellness Connection of the Miami Valley is a great health service that provides a facility to exercise and a variety of health consulting services. Most of their health services deal with early detection of diseases and awareness of bodily issues as they relate to aging. The Wellness Connection even has a mobile bus with a complete set up for mammograms and other types of health measurements. The Wellness Connection's two main branches are their facility and traveling services. The traveling services can be contracted by corporations or other organizations to provide a forum where employees or members can learn about pressing health issues related to their health. The Wellness Connection bus that can provide on site testing and early detection methods provides most of the traveling services.

The Wellness Connection is a non-profit organization that seeks to serve all citizens of Ohio Miami Valley regardless of an individual's ability to pay. Their mission statement is "Dedicated to saving lives by providing their community with early detection services, health education, and activity programming, provided in a convenient manner." The Wellness Connection further hopes to improve the quality of life of all people while helping to reduce health care costs. They are able to combine efficient health services with cheap fees, two things that don't usually go together. Because the connection is between 60% - 70% senior citizens, it is not only a great place to improve and monitor health, but also to make new friendships.

A sample of some of the services they offer are health screenings, heart and cancer prevention and management, nutritional counseling, cardiac rehabilitation, client advocacy, and pharmaceutical support. They also offer a variety of classes such as mind-body spirit classes, yoga, and reflexology. Recently their healing touch practice, a type of massage, has been shown to help the release of chemicals affecting physical and emotional well-being. Most of these services are offered on site through their fitness



Older Adult Care at the Wellness Connection

facility and exercise classes, but they also offer substantial mobile support via their Wellness Connection bus. The bus offers mammography testing as well as a variety of other testing. The bus is also used to conduct important health education seminars at locations and facilities outside their own fitness center. Senior centers and businesses are able to contract the mobile services of the Wellness Connection to increase health awareness, education, and prevention of its members.



Wellness Connection can come to your doorstep

The Wellness Connection has been a huge success and aid for older adults in their area. The organization does not have any corporate sponsors and is funded only through donations, membership fees, and class and mobile seminar fees. They have thirty-two hundred monthly memberships and helped over ten thousand people through their services. The Wellness Connection helps to ensure older adult prevention, treatment, and education of health issues.

Related Resources:

Wellness Connection. <<http://www.wellness-connection.org/>>.

“Pumping Up Publicity.” Dayton Business Journal. May 23, 2003.
<<http://www.bizjournals.com/dayton/stories/2003/05/26/story2.html>>.

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