



Lakewood Hospital Employee Wellness Programs

- **Want to move more?** Cardiac Rehab equipment in the atrium **FREE** for all employees on Tues, Thurs, Sat, and Sun all day and Mon, Wed, and Fri it's available from 7pm - 7am and 11am-1pm. Contact Jennifer Arnold for waiver form and equipment orientation at ext 2428
- **Want to relax?** Yoga Classes **FREE** for all employees! Relaxation at its finest! Classes are 45 minutes long and offered on Mondays at 5:00pm in the Wasmer Auditorium, and Thursdays at 4:00pm on third floor of the Lakewood Community Center. Employees must register on line at www.cchs.net/wellness/yoga.asp.
- **Want to lose weight?** **FREE** Weight Watchers at Work, (Wednesdays at 7:20 a.m. in the café) Weight Watchers in the community or Weight Watchers on line for Cleveland Clinic Employee Health Plan Members. Contact Joyce Prohaska at ext. 2645. Info session on 9/16 and new session begins 9/23. For more information go to www.clevelandclinic.org/healthplan or call (216) 448-0800.
- **Want to walk with a buddy at work?** **FREE** Indoor walking routes available!
- **Want to reduce stress?** Massage Therapy services are available for employees at a discount rate of \$20 for half hour, \$35 for an hour. Call ext 7173 to schedule an appointment.
- **Want to lose weight and get more fit with your friends and co-workers?** [Shape Up & Go!](http://www.cchs.net/wellness/shapeupgo.asp) is a fun, multiple-week team-based exercise, pedometer steps, and/or weight loss challenge. More info at www.cchs.net/wellness/shapeupgo.asp
- **Want to be Tobacco Free?** The Tobacco Treatment Clinic is now available at the Center for Family Medicine for all employees. For more info, call (216) 444-8111.
- **Want to learn more about wellness?** Monthly wellness grand rounds presentations in Wasmer auditorium. (look for postings of upcoming presentations)

For any information on these programs, contact Maria Mepham at Extension 2474 or see the Employee Wellness Website at www.cchs.net/wellness/lakewood.asp