

## Join Us on the Journey for a Healthier You!



The Optimal Health and Wellness Physician Referral Program is an exercise program designed to improve the overall health of the community.

Its purpose is to assist the medical community with patients and work together to build healthier lifestyles.

This eight week program will provide guidance in developing a safe exercise program along with education and encouragement.

### 8 Week Sessions Include:

- Two fitness assessments with an exercise physiologist – pre and post program
- Individualized exercise prescription
- Close supervision during exercise for the first four weeks
- End of program report to your physician

*“Movement is  
medicine for creating  
change in a person’s  
physical, emotional  
and mental states”*

~ Carol Welch

### For more information contact:

**Laurie Ludwig, MS**  
PWC Health Educator  
Medical Referral Program Director

(540) 829-4749  
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POWELL  
WELLNESS CENTER

Health & Fitness

A Service of Culpeper Regional Health System

1005 Golf Drive, Culpeper, VA 22701

P. 540-829-4741

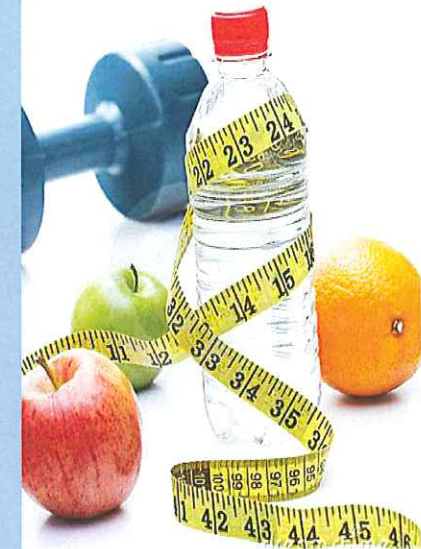
F. 540-829-4750

[www.powellwellnesscenter.com](http://www.powellwellnesscenter.com)

POWELL WELLNESS CENTER

## Optimal Health and Wellness Referral Program

MEDICAL REFERRAL



# Program Options

## Aquatic

Tuesday and Thursday

11:30 am – 1:30 pm

Cost = \$100

## Land

Monday, Wednesday and Friday

11:00 am – 1:00 pm

Cost = \$125

## Combo

Monday – Friday

11:00 am – 1:30 pm

Cost = \$175



## Getting Started

1. Obtain a referral form from your medical practitioner for any of the following:

- Recently diagnosed with a medical condition
- Lack of physical activity
- Post Physical Therapy
- Obesity
- Diabetes

2. Call (540) 829-4749 to schedule an initial evaluation today.

### Expected results may include:

- Improved self-esteem
- Increased energy
- Reduced blood pressure
- Weight loss

## Staff Credentials

### Aquatic

#### Sharon Steele

- 30 years of Fitness Industry Experience
- Exercise Physiology – University of Houston
- Pregnancy & Exercise – Rice University
- 26 years of Water Fitness Experience
- AFAA Certification
- AEA Certification
- Basic Water Safety Certification
- Aquatic Therapeutic Exercise Practitioner

### Land

#### Laurie Ludwig

- BS & MS in Exercise Physiology – West Virginia University
- Cancer Exercise Specialist
- ACE Lifestyle & Weight Management Consultant Certification
- NCSF Certification

#### Kristina Heller

- BS in Health Promotion – Michigan State University – Mankato
- MS in Clinical Exercise Physiology
- Aerobics & Fitness Association of America (AFAA) Certified Personal Trainer

#### Brandy White

- BS in Exercise Physiology – George Mason University
- NCSF Certification
- ACE Lifestyle & Weight Management Consultant Certification (pending)

Scholarships are available.