

In the Community

Our vision at Wellness 360 is to empower the community through education. We offer educational seminars and talks on evidence-based exercise treatments and wellness topics. If you are interested in having our team at Wellness 360 come to your church, facility, or support group, please call us!



Talks/Seminars

- Topics can include:
 - Exercise interventions
 - Disease management
 - Wellness tips
 - Physical Therapy
 - Stress Reduction
 - And More



Exercise Bootcamps

- Classes can include:
 - Better Balance Bootcamp
 - Chair Yoga
 - Senior Mindfulness
 - and More



Community Events

- Health Fairs
- Special Events

For More Information:

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