

**YOUR DONATION IS
PART OF THE SOLUTION!**

Wellness Center Rules

For the safety and enjoyment of everyone

not permitted in the Wellness Center.
ompanied by a parent and must have
Wellness Center Orientations.
to complete all three Y-Train
ation may be required at staff's
etc... on floor. Please place
by holes provided.
s and shirts required. No swimsuits,
d to 30 minutes if there is a waiting
machines & upholstery.

8. Wipe down cardio machine
Disinfectant spray and
after use.
9. Break down bars, etc. to
places.
10. Multiple set training must
machines between sets.
11. No food or chewing
plastic
Do not rest on
- 12.

LIVE UNITED

“ This program has brought our family together. Our eating habits have changed tremendously. Not so much fast food and definitely more of the home cooked meals. ”

– Andrea, Stafford



Because of several Rappahannock United Way funded programs, Andrea's family has been able to improve their health and reduce health risk factors.

GIVE. ADVOCATE. VOLUNTEER.

RappahannockUnitedWay.org

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