

# OhioHealth Neuro Wellness

OhioHealth Neuro Wellness Classes are designed to help people manage any neurological disease, including Stroke, PD and MS, symptoms by improving strength, flexibility, thinking and balance. Participants will be empowered to make healthy choices that influence their overall well-being.



Classes are open to multiple fitness levels and are led by instructors who have completed certifications in OhioHealth Neuro Wellness.

## Where is the program offered?

### **OhioHealth Ontario Health & Fitness Center**

1750 West Fourth Street  
Mansfield, Ohio 44906  
(419) 526-8900

## When are the classes held?

“Drop in classes” designed to accommodate all fitness levels meet on Tuesdays and Thursdays from 1-2 PM. These ongoing classes run continuously. Participants may join the class at any time.

## How do I enroll in the program?

Registration is required. Please arrive early or stop by the fitness center beforehand to complete the necessary paperwork.

Fitness Center Members: \$3 per class  
General Public: \$7 per class

*Want more info?*

OhioHealth Ontario Health and Fitness Center

**(419) 526-8900** or email

**[OntarioHFC@OhioHealth.com](mailto:OntarioHFC@OhioHealth.com)**

