

THE WELLNESS EXPRESS

AUGUST 1, 2024 - ISSUE NO. 6

BLESSING WELLNESS CENTER UPDATES

- The BWC at 4917 Oak Street will be staffed Monday-Thursday 10a-1p and 3-5p, and Fridays 2-4p.
- As always, we can be reached by calling (217) 214-5858 (leave a voicemail during non-staffed hours) or via email at BlessingWellnessCenter@blessinghealth.org.
- Voicemail/emails will be returned within 24 hours Monday through Friday.
- Towel service will no longer be available. BWC members are welcome to bring their own towel.

ILLINI FITNESS CENTER UPDATES

The Illini Fitness Center is moving.

- The current Center, operating at 128 W. Washington in Pittsfield, will close at the end of the day Sunday, August 18.
- The new Center, that will operate at 321 W. Washington, will open Sunday, September 1.
- IFC members will not be charged a monthly membership fee for August.
- Benefits of the move for IFC users will include updated fitness equipment, a remodeled environment and better parking.



BWC MEMBER WIN
ANDREW SCHUTTE

When I first joined the BWC, I spent some time trying to figure things out on my own. Then, I discovered the BWC offers personal training. My trainer taught me how to use the machines correctly and how to track progress effectively. I received personalized guidance in developing a workout plan which helped me progress towards my goals. They also showed me things I could do after the training program to continue my progress. I am very satisfied with the results!



IFC MEMBER WIN
GAYLA RISLEY

During the past two years, I have incorporated weight lifting 2-3 times per week. This past year I have worked to lose over 30lbs that I gained during COVID. I strive to be active daily in some way - working out, kayaking, or walking. I realized that resting my body is just as important in my health journey. My advice is, just take one day at a time and give yourself grace with your health journey. No two health journeys are the same, so don't judge yourself too hard!

BWC CULINARY CLASSES FOR AUGUST

- 8/6:** BACK TO SCHOOL MEAL IDEAS
- 8/20:** ZIPPY ZUCCHINI (Zoodles & more!)
- 8/27:** PEACHY KEEN (Make and can homemade peach jam!)



BWC PRE-ORDER MEALS FOR AUGUST

- 8/6:** ASIAN CHICKEN RICE BOWL
- 8/13:** TACO MAC & CHEESE
- 8/20:** DILL PICKLE CHICKEN SALAD & JALAPENO POPPER CHICKEN SALAD
- 8/27:** BERRY CHICKEN SLAD

*Orders are due by 2 pm on the Friday before the date listed. Info will be included in PR about each meal.