

# Wellstar Health Place

## Monthly Pulse







APRIL 2024 | ISSUE 34  
Wellstar Health Place News and Updates

### This Month at Health Place

As we begin a new month here at Health Place, we wanted to extend our appreciation to all members who completed our recent Member Satisfaction Survey! Your participation and feedback is integral to our continued success. We are excited to begin upcoming facility projects which will positively impact your experience. **The women's whirlpool project will begin on April 8th, 2024.** During this project we will be resurfacing the women's whirlpool, repairing tile, and performing general maintenance on the steam room and sauna. **The scope of this project will require full closure of the steam room, sauna, and whirlpool area, as well as the showers.** Upon completion of the project the showers, steam room, and sauna will re-open, however the whirlpool will need to remain closed for 30 days to allow for curing time. \*An email will arrive in your inbox soon detailing the timeline and impacts of this project.

### Important Dates this Month

#### Upcoming events

-  **April 8th-15th- Women's locker room project** (Shower area, whirlpool, steam, & sauna will be **CLOSED**)
-  **April 16th- Family Yoga**
-  **April 19th- Splash into Spring**
-  **April 30th- Last day to redeem free guest pass!**



### Care Cab Service

We provide cart service for members and guests who want or need assistance getting from the parking garage to our building and vice versa.

If you are in the parking garage and do not see the cart

- Call the front desk (770) 793-7300 and request the cart be sent to the garage.
- Please wait for the cart by the bench or steps in the middle of the handicap parking.

If you are at Health Place and need a ride back to the parking garage:

- Ask front desk staff to call the cart for you

A few things to note:

- The cart runs on a battery which is why it is not feasible for our drivers to go back and forth unless they are called.
- If you are coming for an appointment or a class and plan on requesting a ride, we ask that you allow yourself additional time to avoid late arrivals. Sometimes we share a cart with the hospital and they are unable to pick up as quickly as usual because they are at other locations.

#### Cart Hours

Monday-Thursday:  
7am-6:30pm  
Friday:  
9am-3pm



**SPLASH  
INTO  
SPRING!**

**APRIL 19TH**

**5:00 PM - 7:00 PM**

REGISTER  
[HERE:](#)



### Family Yoga

Join our Kidz Place team on **Tuesday, April 16th from 5:15pm to 6pm** for a fun and educational evening of Family Yoga, open to all ages.

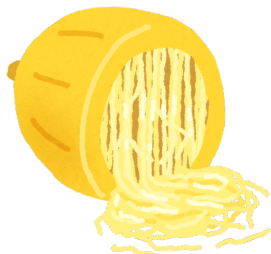
Register [here](#) or scan the QR code



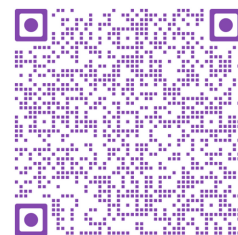


# NUTRITION TIPS AND RECIPES

From Registered Dietitian, Kelly Prian



Looking for a healthy spin on a delicious pasta dish? Try this **Spaghetti Squash Casserole** for a healthy and low-carb pasta alternative!



[Click Here](#)  
or scan to watch!

Email [nutrition@wellstar.org](mailto:nutrition@wellstar.org) or call 770-793-7312 to schedule today!

## Employee of the Month



APRIL  
2024

JARRETT  
WILLIAMS

Jarrett has served in various roles within Wellstar over the years and since joining the Health Place team, he has shown a high level of value and versatility. His dynamic abilities include not only serving as a smiling face on our Customer Service Team, but also as one of our newest Personal Trainers! When Jarrett is not training clients or assisting members at the front desk, he can also be found teaching classes such as Fit Gen and Spin! Jarrett truly does it all and never misses an opportunity to make members and colleagues laugh. He is always willing to assist in projects and various tasks outside of his job duties. Whether you are looking to become a member of Health Place, begin Personal Training or join a new group exercise class, Jarrett will provide a fun sense of encouragement while remaining focused on helping you achieve your health related goals.

Join us in congratulating Jarrett this month and always!

## Exercise of the Month

Elevated Push-Up  
(on the Smith Machine)

This exercise primarily targets the upper body/chest including the anterior deltoids, pectoralis major, and triceps.



- Begin by adjusting the bar to an appropriate height. Moving the bar up decreases the difficulty. Adjusting the bar down increases the difficulty.
- Grab onto the bar and walk the feet back to plank position.
- Keep your arms out wide along the bar and elbows out.
- Bend the elbows, lower the chest to the bar and then push back up.
- Modification: A table or box blocks can be used in place of the smith machine.
- Perform 3 sets of 10 reps. When you're ready to step it up, increase the amount of reps before increasing the intensity of the exercise.

## Follow Wellstar Health Place

