

“  
I feel  
healthier and  
stronger.  
”

**Sissy Moore wanted to boost her exercise program to keep up with her grandchildren.** She found professional fitness training through St. Mary's. "Since I've been at St. Mary's Wellness Center, I am able to keep up with them, aside from just feeling better for myself."

The new, spacious **ST. MARY'S WELLNESS CENTER** offers LifeFitness equipment, a variety of classes, 24/7 access and highly trained, friendly staff.

Call 706.389.3355. For more information and Sissy's story visit [www.stmarysathens.org](http://www.stmarysathens.org)



**ST. MARY'S**  
HEALTH CARE SYSTEM  
**WELLNESS CENTER**

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Official health care provider for  
UGA's Athletic Association.