

# Strive to Thrive

OhioHealth Ontario Health and Fitness



## Quarantine hasn't been so kind.

2020 was off to a great start but many of us had our goals derailed by a virus that shall not be named. However, the sun is still shining and there's never a better time to get back on track with your health and wellness goals.

**Join the OhioHealth Ontario Health and Fitness Center in the Month of September and we will waive your enrollment fee and your first month is Free.**

For more information on Membership call **419.526.8900** or email **[OntarioHFC@ohiohealth.com](mailto:OntarioHFC@ohiohealth.com)**

OhioHealth has taken extraordinary measures to keep our hospitals and care sites safe during the COVID-19 pandemic. As a clinically integrated medial fitness center, we are following OhioHealth safety standards in addition to the responsible guidelines for reopening fitness Centers set fourth by the State of Ohio.

