

May 9, 2017

News Release

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Community Hospital Unveils New Physical Activity Circuit

The physical activity circuit is available for use to anyone in the community at no charge.

Mesa County, CO - Community Hospital is excited to announce the launch of a new physical activity circuit located on the south side of the hospital campus at 2351 G Road, just west of Canyon View Park. A ribbon cutting and celebration will take place on **Wednesday, May 10th at 10:00 am**. Light refreshments will be served and Community Hospital physical therapy and wellness staff will conduct demos on the various pieces of equipment at 10:30 am.

The project began in early 2016 and was made possible through an \$8500 donation from the Grand Junction Lion's Club and financial support from the Community Hospital medical staff totaling over \$35,000. Funds were used to purchase equipment and complete the infrastructure of the exercise path. Community Hospital facilities staff helped complete the project in April 2017.

"We want to promote health and fitness to our employees, encourage physical activity, and support wellness within our organization," said Lana Birch, Wellness Coordinator for Community Hospital. "We value employee health and strive to be the leader in worksite health and wellness for our community," added Birch.

The circuit includes nine different physical activity stations including back extensions, a sit-up bench, leg press and more! In total, the full circuit should take approximately 20 minutes to complete.

This project would not have been possible without the unwavering support from the Grand Junction Lion's Club and the Community Hospital medical staff. Their support and commitment to health and wellness in our community is second to none!

For more information on the services provided by Community Hospital, please call 970-242-0920 or visit www.YourCommunityHospital.com.

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