March 16, 2020

Our member’s health is of utmost concern to us during the Coronavirus pandemic. To ensure your safety, Health Place and Highland Athletic Club will be closing their doors until further notice. We will keep our members updated through social media and email with respect to the timing of our reopening.

Wellstar Health Place Facebook Page
HealthPlace@wellstar.org
Wellstar Health Place website

Remember, exercise can help alleviate stress during circumstances like this. Exercise is medicine! Take your medicine every day. Keep your eyes on our Facebook page and web page for at home workouts and exercise videos.

In good health,

Danielle Lenane, ACSM EP-C, MS
Director Wellstar Fitness Centers