

# REINFORCE *your efforts*

St. Leonard has become the first community of its kind to be certified as a Vital Life Community, a national movement to transform senior living culture through innovative wellness efforts.

The Vision of Vital Life is to emphasize through a nationwide culture change, community purpose and value as a catalyst for optimum health in the United States.

The Mission of Vital Life is to Create the Healthiest Community in America one by one so that the benefits derived by the people in those communities will be so significant and desired.

The Strategy of Vital Life is to achieve a reduction of disease and chronic illness through the employment of a holistic wellness and preventative maintenance programs.

The Benefits of Vital Life are the lifetime reduction of health care costs and increased personal fulfillment by participants.

The Franciscan Center is the focal point of the Vital Life wellness efforts on the St. Leonard campus. Having already begun programs for residents and staff, the Franciscan Center will enable expansion of the Vital Life philosophy to members of the community.



## Swimming pool

- Heated, regulation 3-lane lap pool
- Therapy and spa pools
- Adjacent to private locker rooms



## Fitness Room

- State-of-the-art fitness and cardio machines
- Spacious aerobic area for classes
- Supervised by qualified staff



## Meditation Room

- Comfortable, indoor quiet room
- Outdoor meditation garden
- Views of beautiful, natural settings



## Station House

- Contemporary, casual dining
- Full, nutritious menu – from snacks to entrees
- Bar seating and private dining

Stop in or call for membership details, facility hours and a schedule of special events, activities and classes.



THE FRANCISCAN CENTER  
AT ST. LEONARD

8200 Provincial Way, Centerville, Ohio 45458  
www.stleonard.net



For more information contact our Wellness Consultants at (937) 436-2203 or info@stleonard.net

Sponsored by the Sisters of St. Francis of Sylvania, Ohio



# GATHER *together*

Healthy relationships make a difference between living and living well. The Franciscan Center at St. Leonard is designed as a safe, convenient gathering place, where people can come together to establish habits for healthy living with the support and encouragement of others. Whether you're joining a fitness class, sitting in the garden, or sharing a meal with neighbors, our wellness center can be the first step to a healthier, happier you. Join us.



THE FRANCISCAN CENTER  
AT ST. LEONARD

*Wellness Center*

## INVIGORATE *with fitness*

As you age, the need to maintain strength, flexibility and cardiovascular fitness becomes even more important. The Franciscan Center provides the facilities and equipment to help you achieve your goals, giving members access to state-of-the-art exercise machines, a spacious aerobic studio, lap and therapy pools, and a variety of fitness and aquatic programs from which to choose – all designed with your special needs in mind, under the guidance of a well-qualified staff of experts. Members can get more intensive, one-on-one help from personal trainers upon request and at an additional charge. Memberships available to age 55 and above.

## BALANCE *for life*

A healthy lifestyle is the key to greater wellness and lasting independence. The Franciscan Center at St. Leonard has been created to encourage healthy living among our residents and throughout the greater community. This beautiful, state-of-the-art facility serves as a safe and convenient gathering place to work on physical health and fitness, spiritual renewal and social interaction, creating the perfect balance for a healthy lifestyle. It's time to live well ... with the Franciscan Center.

## RENEW *with good nutrition*

A healthy lifestyle includes healthy eating. After all, you are what you eat. And, at the Franciscan Center, our focus is on you.

Introducing the Station House, our in-house restaurant where you can grab a snack or share a meal with friends in a contemporary, casual dining atmosphere. Sit down for a drink at the bar, have a quick bite on the patio or enjoy a selection from the full menu of nutritious entrees in the dining room – there are plenty of options.

The Station House is open to the community, so you can invite friends and family to join you for a meal. Plus, private dining, meeting rooms and catering are available for special occasions. For additional information, contact management (937) 439-7154

## RELAX *with spa services*

The healthiest you is the happiest you. After all, relaxation and spiritual renewal are an important part of your happiness and overall health. The Franciscan Center is happy to offer day spa services that include massages, manicures and pedicures, all from within the privacy of a designated spa area adjacent to the fitness rooms.

In addition, guests are welcome to enjoy moments of peace and tranquility in our outdoor Meditation Garden, or from within the comfort of the enclosed Meditation room, overlooking the beautiful, well-manicured grounds at St. Leonard.

Want to invite a friend to join you for some pampering and downtime? While most services and facilities are only available to Franciscan Center members, our day spa and restaurant are open to the community. So friends are welcome.

