

SOUTHINGTON



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Good Life Fitness and Wellness Program Receives Grant from The Women's and Girls' Fund

Good Life Fitness and Wellness, a highly individualized senior fitness and wellness program located at Southington Care Center and Mulberry Gardens of Southington, both members of Central Connecticut Senior Health Services, Inc., has recently been named the recipient of a grant from The Women and Girls' Fund of Bristol. The grant will be used for the purpose of offering specialized fitness and wellness to women, aged 50 and older from the communities of Southington, Bristol, Wolcott, Plymouth/Terryville and Burlington. This program would target individuals with congestive heart failure (CHF) or related conditions and provide scholarship money for women to access the Good Life Fitness program.

“We are very appreciative of the Women and Girls' Fund generosity to the Good Life Fitness Program. Congestive Heart Failure is big area of focus and we hope that by allowing more people access our exercise program we can help prevent onset of Cardiovascular related illness and prolong independence at home” stated Mark Colello, Exercise Physiologist for Good Life Fitness at Southington Care Center.

Women and Girls' Fund of the Main Street Community Foundation is a charitable organization dedicated to improving the lives of women and girls from the Greater Bristol community. The *Good Life Fitness and Wellness* grant will provide opportunity for area women who have a demonstrate financial need, to take advantage of a program specifically designed to focus on the overall wellness of older adults through the use of customized fitness plans administered under the guidance of highly trained exercise physiologists.

The Women and Girls' Fund is thrilled to provide funding that will be used in the Good Life Fitness Program. An area of focus for the Fund is to ensure the health and well being of women and girls in our communities for years to come.

More information about the Good Life Fitness and Wellness program can be obtained by calling Southington Care Center at **860-621-9559**. *Good Life Fitness and Wellness is a not for profit program of Central Connecticut Health Alliance.*