



OHIO UNIVERSITY

College of Health and Human Services

June 8, 2009

WellWorks
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Columbus, OH 43210-2979
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http://www.ohio.edu/wellworks

Dear WellWorks Member:

As mentioned in several of our most recent public relation efforts, WellWorks is receiving a significant budget cut of \$100,000 beginning July 1, 2009. In order for us to keep our doors open *and* to continue to provide you with a high-quality wellness program, changes must occur. When devising our plan of action we took into consideration your feedback on the recent member survey, our vision and mission, and chose actions that would make the biggest impact on our budget with minimal affect on you. That being said, a summary of changes is outlined on the following page.

Let us assure you that even with the new plan, the fees and benefits associated with being a WellWorks member is still an outstanding value. As a member, you still have access to the fitness center, massage therapy, nutrition counseling, personal training, health screenings and presentations, and **free group exercise classes- now including spinning!** And, as you'll see, there are several upcoming changes that will benefit you as a WellWorks member.

One last thought: We value and appreciate your membership, and we want to continue our relationship with you in a spirit of mutual support and benefit. That's always been the WellWorks way. If you agree that investing in our program is a reasonable exchange for your health and wellness—and we hope you do—you can rely on us to continue to provide you with the exceptional service that you have come to expect from WellWorks.

Thanks for giving us a moment of your time and, most importantly, your trust.

Cordially,

Kim Valentour, MS
Director

Francie Astrom, MS, RD, LD, CDE
Registered Dietitian

Heidi Anderson, MS, MPH, RD, LD
Education/Events Coordinator

Cyndi Parsons, AAS
Administrative Associate

Zack Edelsberg, BS
Fitness Coordinator

Tom Murray, MS
Exercise Physiologist

Erica Baker, MS
Exercise Physiologist

Summary of Changes at WellWorks

Effective June 15, 2009

- **Group Fitness:**
All group fitness classes- including spinning- are free
- **Fitness Center Hours:**
Monday-Thursday 5:45 a.m. -9:00 p.m.
Friday 5:45 a.m. -8:00 p.m.
Saturday, Sunday 9:00 a.m. -6:00 p.m.
- **Childcare Hours:**
Monday, Wednesday, Saturday 9:00-11:00 a.m.
Tuesday, Thursday 4:30-6:30 p.m.
- **Childcare Fees:**
\$5 for first child; \$1 each additional child within the same family

Effective July 1, 2009

- **Membership Fees:**

Membership Fee Changes (\$)			
	1-Month	12-Months	Family
OU & Corporate	27 (senior 24)	175 (senior 158)	265
Community	42 (senior 38)	275 (senior 248)	410

- **Free Membership Incentive:**
WellWorks' OU employee members can earn a free 12-month membership when they utilize WellWorks for physical activity 100 days within the fiscal year. Program details will be outlined in a separate announcement.

Effective Fall Quarter, 2009

- **Healthy OHIO Participation Incentive:**
OU employees participating in the Healthy OHIO wellness initiative can earn a \$10 per month participation incentive.