



To our members and community at large;

At Rangeley Health and Wellness our first priority is to promote and protect the health and well-being of our members and the community. In light of the ongoing developments with the COVID-19 viral pandemic we have made the tough decision to close our fitness center to the general public and suspend all fitness center programs until April 1st at which time we will reassess the situation.

At this difficult time of so much uncertainty, we are committed to protect those who are most at risk for contracting this contagious virus. This means we will take proactive measures to limit the opportunity for direct contact with the virus. We feel that encouraging community members to limit interactions with others is the most effective way to do this. As such, we will only be offering essential therapy services in our Ascent department two days a week, exclusively for triaged postoperative patients in a very limited capacity. All fitness center functions, groups and programs will be suspended.

We will continue to follow the status of the situation and reevaluate our operations as necessary and as always, we will keep you informed of any changes or updates.

Thank you for your patience and understanding as we navigate through these challenging times. We encourage everyone to do their part in reducing the number of COVID-19 cases by protecting yourselves and those around you. You can make a difference by practicing infection control methods consistently, following the current recommendations as presented by the CDC and the Maine department of health, and by practicing social distancing.

For updated information you can visit these links:
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>
<https://mainehealth.org/healthy-communities/coronavirus>

It is easy to be fearful and to panic about that might happen during these times. We encourage everyone to stay calm, and be sure to take care of your health; as a strong immune system is one of the best defenses against illness. Make time to stay physically active with home exercises, choose healthful foods to eat and stay well hydrated. We are all in this together and by choosing health consistently we will get through it as a community.

Be Well,
Rangeley Health and Wellness