



## COVID- 19 Update

In light of the recent updates from Governor Mills, Rangeley Health and Wellness will not be reopening the fitness center June 1<sup>st</sup> as originally planned. We will, however, be offering outdoor fitness classes and one on one personal training sessions and we have opened our outdoor pickleball courts to players.

ASCENT Physical Therapy services will continue to treat patients for necessary therapies, both in person and through telehealth platforms. During this time, we have been able to put in place extra precautions to help maintain the health of our clients and staff. We feel confident that we can begin to safely expand our caseloads with these “new normal” procedures.

We have moved to an online platform to provide many health and fitness services to those who follow us on social media, and we will continue to offer these services. These services will include home workout videos, exercise routines, health and goal check-ins with our personal trainers, healthy and budget friendly recipes, nutrition tips and more.

As an additional layer of service to our community, our social worker will continue to be available should anyone need other health and/or social supports to ensure safety and wellbeing during this stressful time.

It continues to be important to practice the principals of infection control and social distancing to not only protect ourselves, but those around us. We are committed to ensuring the health and safety of our community, members and employees. Remember to stay positive and keep yourselves healthy during this transitional time. We look forward to seeing everyone again in the very near future!

Be Well,

Rangeley Health and Wellness.