

Health And Wellness Center Now Open In Belmont

By DIANE TURBYFILL

BELMONT—A partnership between two businesses will steer residents towards better health, according to Shree Wise, RN.

Wise now mans an office at the new CaroMont/YMCA Health and Wellness Center housed in the RL Stowe Jr. Family YMCA in Belmont. She was welcomed into her position Monday, Jan. 7 during a ribbon cutting ceremony. Since then, Wise has been busy laying the groundwork for what she hopes will be a great asset to the community.

"There has been a lot of work that has gone into this collaboration," said YMCA CEO Tony Sigmon. "It's going to give us an opportunity at the YMCA to see some new faces."

And while Wise's position is new, hers is not a new face at the Belmont Y. Wise began working part-time at the facility five years ago. Meanwhile, she worked full-time as a nurse at CaroMont.

The Wellness Center will offer Wise a new opportunity that she's thrilled to tackle, she said.

"I really love this," said Wise. "I've been a floor nurse, and this is the other side of it. This is prevention."

Wise began working on the Wellness Center back in September, setting up an office and putting programming into place. Though only officially set up for a week, Wise already has 35 clients.

Enrollment in the Wellness Center's Medical Referral Program works through doctor referral. Physicians recommend their patients to Wise, and she assists with medical analysis on-site. A fitness specialist helps with workouts while Wise monitors the plan for six weeks.

"I had my first appointment yesterday, and he did really well," she said.

Wise is still weeding her way through the stack of doctor referrals while working to spread health and fitness tips to current

YMCA members. She has created a display for the entranceway and plans to put up topical information monthly.

Through the program, the Y will host a blood drive in February, and Wise hopes to coordinate nutrition classes for the future.

Also in the future of the program is expansion. RN Amy Adams is facilitating Wellness Centers at the Central and South Gaston YMCAs. Both nurses will work together to bring the program to the Cherryville location soon, Wise said.

The new Wellness Center brings aid to those with physical issues but can help others, Wise said. She frequently answers questions for staff and current members of the Y. And she hopes to bring a sense of security for everyone.

"A lot of people just feel safer with a nurse in the facility," said Wise.

A Mount Holly native, Wise lives in Belmont and feels at home at the Y. She looks forward to being visible to the public and bringing forth the YMCA philosophy, "Building healthier communities."

For information about YMCA and Wellness Center services, use

the following directory:

Central Family YMCA, Gastonia, (704)865-8551

South Gaston Family YMCA, Gastonia, (704)865-2193

RL Stowe Jr. Family YMCA, Belmont, (704)822-9622

Cherryville Family YMCA, Cherryville, (704)445-9622

WHAT'S INCLUDED

IN THE MEDICAL REFERRAL PROGRAM:

- Supervised exercise program
- Customized exercise plan that is effective and safe
- Individualized goal setting
- Scheduled check-ins with the nurse
- Education for healthy lifestyle
- Access to the YMCA for six weeks including fitness centers, group exercise classes, water fitness classes and indoor pools

Information provided by the YMCA.

Bringing forth the YMCA philosophy, "Building healthier communities."



Shree Wise, RN, shows off a display board that she's created in the entrance of the Stowe Family YMCA in Belmont.