

Saint Joseph Mercy Health System Health & Wellness Programs



We'd rather see you when you're well!

Children Kids learn about healthy eating, exercise and fitness through fun-filled nutrition and weight management programs like *NutriTots*, *ShapeDown* and *Kids Cook!*

Athletes Learn to enhance your training and performance with care from *SportsNet*.

Women Obtain valuable information on women's health topics like menopause, body image, mid-life health, gender differences and more.

Men and Women Improve overall health and well-being through programs like *Life Lessons*, nutrition and weight management programs like *Nutricare* and *Healthy Solutions*, cardiovascular exercise programs and much more.

Seniors Feel better longer with a full range of exercise, nutrition and health awareness programs designed just for older adults.

For more information, call:
(734) 827-3777

At Saint Joseph Mercy Health System, we're committed to improving the health of our community. That's why we offer a full range of exciting health and wellness programs to keep you fit throughout life.

We provide excellent, compassionate health care whenever you need us. But we also take great care to see that you don't. For all your health and wellness needs, turn to Saint Joseph Mercy Health System.

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