

Get Started Today, Don't Delay!

We will help you create an individual program to meet your personal wellness goals.

For more information:

**Call the Elmwood Wellness Center
816-2911**



The Elmwood Wellness Center serves individuals who have a primary mental health diagnosis. We offer opportunities to develop healthy life styles through exercise, nutrition, disease prevention, and work towards recovery through a self-help and empowerment philosophy.

Easy to Reach

The Elmwood Wellness Center is located in the Butler Rehabilitation Center on the campus of the Buffalo Psychiatric Center at Elmwood and Forest Avenues.

We are next door to Buffalo State College and adjacent to the Elmwood Avenue "strip."

Parking is free and bus stops are close by.

**Hours of
Service**
Monday &
Wednesday
8 a.m.-4 p.m.

Tuesday &
Thursday
8 a.m.-6:45 p.m.

Friday
8 a.m.-1 p.m.

Saturday
10:15 a.m.-
2:15 p.m.



Wellness Works!



A Facility of the
Office of Mental Health

Wellness Works!



Elmwood Wellness Center

Feel better

Live healthier

Be more productive!



Promoting partnerships in hope and recovery

Make wellness work for you!

Taking care of your body, mind, and spirit is something important to do for yourself.

Make a plan today to experience wellness at the Elmwood Wellness Center.

We offer enjoyable opportunities for improving fitness and general health and wellbeing. Our services are designed to meet your special needs and interests and will help you stay motivated and energized all year long.

Try us!



Wellness Works!

We provide:

- ◆ a safe, comfortable, friendly environment
- ◆ personal attention
- ◆ professional and helpful staff
- ◆ Programs in fitness, nutrition, weight management, smoking cessation, stress management, yoga, and tai chi
- ◆ **free membership!**

Note: This membership is open only to recipients with a primary mental health Axis 1 diagnosis. Verification by the recipient's psychiatrist or medical doctor is required.

Facilities

Complete Fitness Center

treadmills, rowing machine, elliptical trainer, step machine, bicycles, universal weight machine, and free weights.

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Indoor Swimming Pool

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Full Court Gym

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Bowling Alleys

**Don't be shy.
There's a place for you here.**

You will find we have a very safe, user friendly environment

We have:

- Workouts for all levels of fitness
- Trained instructors with specialized certifications
- Accommodation for special needs
- An atmosphere that promotes unity and diversity

Special Activities

Monthly Special Events

on various wellness themes.

Various Sports and Recreational Events

Yoga and Tai Chi

Nutrition Counseling and Weight Loss Groups

Self-help Groups

Dealing with smoking cessation, weight loss, improving communication skills, stress reduction, addictions, advocacy, and empowerment.