

 **McLaren**
ONE MONTH
After Care
MEMBERSHIP

Once you have been discharged from your PT program!

BENEFITS:

- Continue with the exercise program
- Helps you to gain muscle strength and endurance
- Maintain a healthy lifestyle that includes exercise
- Exercise has proven to lower blood pressure, lower body weight, improve cholesterol, lower blood sugar, and maintain a healthy heart
- Already familiar with the equipment available



DETAILS:

- Must be formally discharged by your therapist
- First month of membership is free
- No obligation to join
- Initiation fee waived if you become a member
- Low monthly fees after your free month has expired
- No lengthy contract to sign
- Family members can join at a reduced cost
- Free month expires in three months from discharge date or upon re-admission to PT



ASK YOUR THERAPIST HOW
TO GET STARTED!

FREE

 **McLaren**
OAKLAND