

# Health for Life Meetings

## ACMC Health & Wellness Plaza Commons

2131 Lake Ave.  
Ashtabula, OH 44004

All meetings begin at 6 PM

Tuesday, January 9  
Tuesday, January 23  
Tuesday, February 6  
Monday, February 19  
Tuesday, March 5  
Tuesday, March 19

**Final meeting and  
Award Ceremony on  
April 2 at 6 PM**

**Registration and Weigh-ins  
Begins January 2**

**Program  
Meetings begin January 9**

Ashtabula County  
Medical Center  
ACMC Healthcare System

An affiliate of  
 Cleveland Clinic

## SUPPORTED BY

**Premiere Fitness** *Get FIT, Stay FIT*

Ashtabula County  
Medical Center  
ACMC Healthcare System

An affiliate of  
 Cleveland Clinic



**Ashtabula YMCA**  
263 W Prospect Rd,  
Ashtabula, OH 44004  
440-997-5321



**SPIRE Institute**  
5201 SPIRE Circle  
Geneva, OH 44041,  
440-466-1002  
Email: [fit@spireinstitute.org](mailto:fit@spireinstitute.org)



**Jefferson Community Center**  
11 East Jefferson  
Jefferson, Ohio 44047  
440-576-9052



*Comprised of Ashtabula County Public and Private Partnerships, Healthy Ashtabula County is the implementation arm of the 2023-2025 Community Health Improvement Plan - a long-term, systematic effort to address public health problems based on the results of community health assessment activities and the community health improvement process.*

## Conneaut Arts Center



Conneaut Arts Center  
1025 Buffalo Street  
Conneaut, Ohio 44030



Ashtabula County  
Medical Center  
ACMC Healthcare System

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 Cleveland Clinic

## 12-Week Weight Loss and Wellness Program

T-Shirt

Cash & Prize Drawings

Bi-Weekly Educational Meetings

Weekly Emails

Area Health & Wellness Facility  
Passes

Only \$25 to participate!

**Registration Begins  
January 2, 2024**

# Health for Life Program



Health for Life, presented and administered by Ashtabula County Medical Center & Premiere Fitness, and supported by Ashtabula County YMCA, Jefferson Community Center, SPIRE Institute and the Conneaut Arts Center is a wellness program that will teach participants healthy habits they can rely on for life.

## Program Requirements

- \$25 Registration fee
- Register at Premiere Fitness starting January 2, 2024

For more information call

Premiere Fitness

(440) 998-3488

**2231 Lake Ave.**

**Ashtabula, OH 44004**

**440-998-3488**

## Program Offerings

- **Premiere Fitness:** Six FREE passes: Participants may join Premiere for \$25.00 per month on a month-to-month basis, valid January through March.
- **Ashtabula County YMCA :** Three FREE passes. 50% off Joiner fee for HFL participants during the program.
- **Jefferson Community Center:** Three FREE day passes
- **SPIRE:** Free assessment and induction to Spire gym w/personal trainer.

## Participant Prizes

- Cash prizes for Healthy Weight Loss
- Various raffle prizes
- One full-year adult membership to Premiere Fitness.
- One-month adult membership to Ashtabula YMCA.
- Three one-month passes to the Jefferson Community Center
- Six-month membership to Spire & Aquatics plus three-month, three days a week training program w/ personal trainer.
- 1 year household membership to the Conneaut Arts Center