



The Wellness Center

Improving Health & Preventing Disease



Cardiovascular & Pulmonary Outpatient Rehabilitation Programs

The Cardiovascular and Pulmonary Rehabilitation programs focus on improving the health and quality of life of patients with cardiovascular or pulmonary disease. Through a tailored treatment plan, monitored exercise, education and support, the goal is to help patients manage and reduce symptoms, reduce hospitalizations, increase activity, improve functionality with activities of daily living, and maintain healthy lifestyle habits.



Blood Pressure Clinic

High blood pressure is known as the silent killer because it often goes unrecognized, with no significant signs or symptoms. The goal of the Blood Pressure Clinic is to identify and monitor high blood pressure, answer questions, and provide advice. The Clinic is a FREE walk-in service that is open to the public.



Peripheral Vascular Disease Exercise Therapy

Peripheral Vascular Disease (PVD) is a slow progressive circulation disorder, caused by the narrowing or blocking of a blood vessel. The most common cause of PVD is the buildup of plaque inside the artery wall. Through exercise therapy, patients can help control PVD symptoms and halt its progression, lowering the risk of a heart attack, stroke, or other complications.



Clinical Exercise Program

The Clinical Exercise program offers private and group sessions with a certified exercise specialist. Each program is tailored to the individual fitness levels and overall goals of each patient.

Diabetes Services

If left untreated, diabetes can damage vital organs like the heart, kidneys, eyes, nerves and blood vessels. Once you have diabetes, it will not go away. Through education and lifestyle changes, you can control it. Wayne HealthCare offers many diabetes programs including FREE Diabetes Education.



Post-COVID Rehabilitation Program

The Post-COVID Rehabilitation Program is an 8 to 12 week exercise program designed for individuals experiencing the ongoing effects of COVID-19. The goal is to help manage and improve symptoms, build strength and endurance, improve functionality with activities of daily living, and improve quality of life.



CORE Program (Cardio-Oncology Rehabilitative Exercise)

The CORE Program is a 12 week, low-intensity exercise program designed for those going through cancer treatments or those in remission/recovery. The goal is to prevent or reduce the side effects of treatment, help with pain management, improve functionality with activities of daily living, and improve quality of life.

