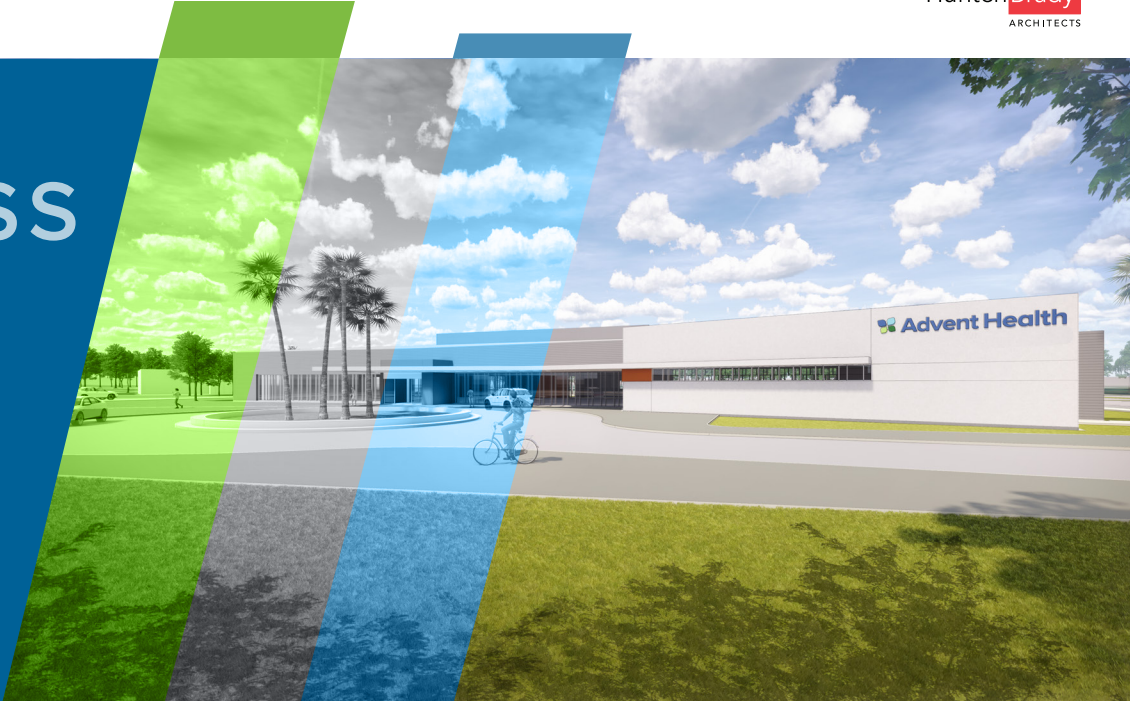


AdventHealth Sebring  
**WELLNESS  
CENTER**



## Wellness Center Impressions

When you visit AdventHealth Sebring, we want you to feel better and feel whole. AdventHealth Sebring, in addition to AdventHealth Lake Placid and AdventHealth Wauchula, makes up the AdventHealth Heartland Region. AdventHealth Sebring is a 171-bed hospital and since 1947, we have passionately provided personalized healing and leading-edge care to everyone who walks through our doors.

Central to our patient-focused care is our entire hospital family's dedication to our mission: *Extending the Healing Ministry of Christ*. Fueled by this mission, we are committed to not only heal what hurts, but also ease minds, lift spirits, and guide everyone we serve to lifelong wellness.

Our Sebring Foundation supports essential programs and services throughout our hospital and as we grow to meet the wellness needs of our community members, we are seeking to raise \$5 million to develop and build a health and wellness trail, community garden, and AdventHealth Sebring Wellness Center, all on the grounds of our Sebring campus. The new wellness center will be more than a gym: it will be a welcoming community staple that embraces whole-person care and empowers our community members to live their best, most vibrant lives.

## Wellness Center Amenities

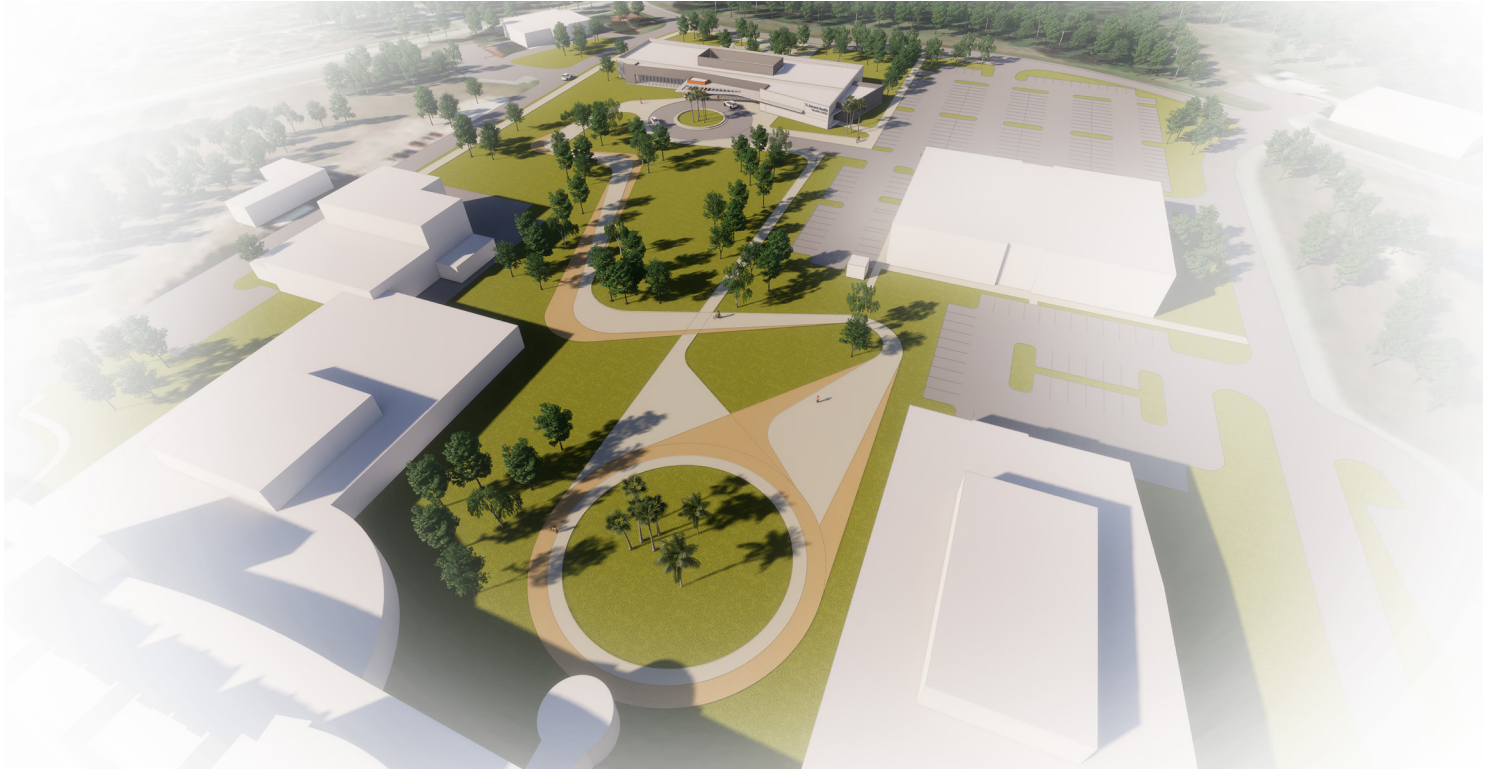
The center will offer an array of health and wellness amenities, including group fitness classes, individual workouts and training, cooking demonstrations, massage therapy, educational and conference facilities, access to professionals including a lifestyle medicine physician, edible gardens, and more.

The new AdventHealth Sebring Wellness Center will be life changing for our community and its success is not possible without the support of loyal community members. We invite you to realize our vision to improve the culture of health throughout Highlands County.

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## For More Information on Ways to Give

Christen Johnson  
Executive Director of Foundation  
AdventHealth Lake Placid, Sebring and Wauchula  
4200 Sun 'N Lake Blvd. Sebring, FL 33872  
Phone: 863-402-5369



# WELLNESS CENTER





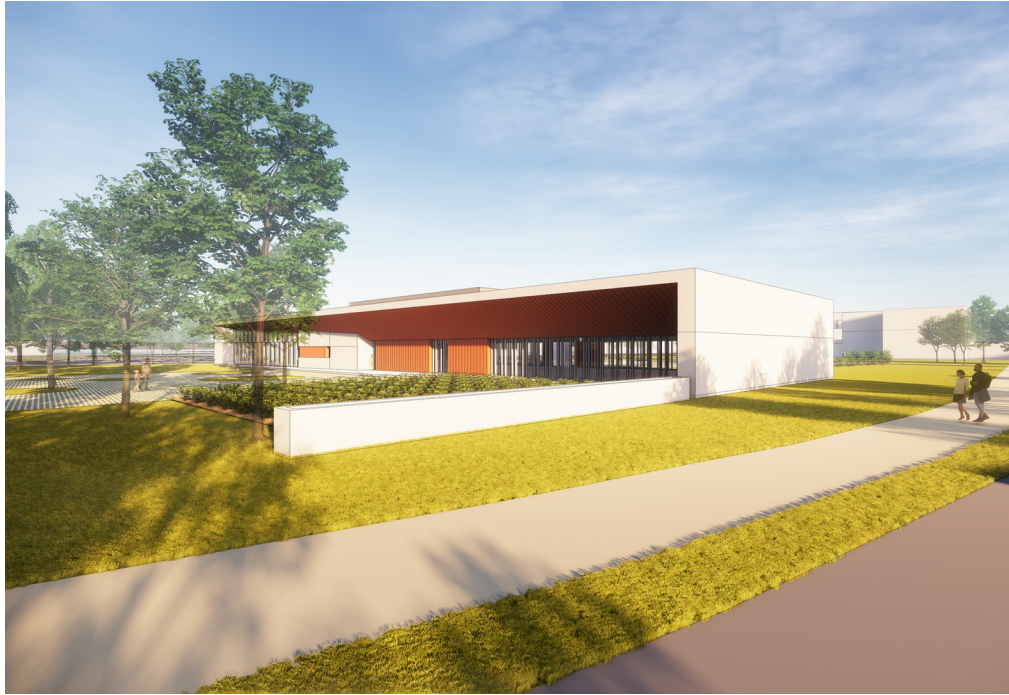
# WELLNESS CENTER



1. Education Demonstration Kitchen
2. CREATIONLife Benches
3. CREATIONLife Landscape
4. CREATIONLife Walking Trail
5. Diabetes Consultation Room
6. **Education/Conference Center**
7. Educational Garden
8. **Entryway/Main Lobby**
9. Lockers/Showers
10. Sauna
11. Flag Pole
12. Front of Building
13. Group Fitness Rooms
14. **Fitness Gym**
15. Massage Room
16. Reception
17. Juice Bar
18. Retail Space
19. Spin Room
20. Donor Wall



# OUTDOOR SPACES



## Design Features

- Landscape featuring various fruit trees and native Florida plants.
- 1.78 miles of paved trail, featuring multi-use exercise equipment that displays a design of Sebring's historic International Raceway.
- 2,570 sq. ft. of organic gardening plots tended to by the community and overseen by a master gardener. Harvested food will be used in cooking demonstrations.
- 1,120 sq. ft. of walking trail providing a direct connection between the main hospital campus and the wellness center.

## Naming Opportunities

CREATIONLife Landscape: \$1,500

CREATIONLife Benches: \$2,500

Trail Exercise Equipment: \$6,000

Flag Pole: \$7,000

CREATIONLife Walking Trail: \$25,000

Educational Garden: \$150,000

# INDOOR SPACES



1. Diabetic Consultation Room

2. Pre-Function Area

3. Reception

4. Juice Bar

5. Retail Space





## Design Features

- As you enter the wellness center, members at the full-time staffed reception desk will help you check in, as well as provide tours and information for new members to assure a smooth and enjoyable experience for all.
- Our registered and licensed dietitians help manage diabetic clients through a whole-person approach that treats the body, mind and spirit.
- The diabetes consultation room will also offer accessible services that can assist individuals who are battling with mental health illness and cardiovascular diseases.

## Naming Opportunities

Diabetes Consultation Room: \$15,000

Juice Bar: \$30,000

Retail Space: \$50,000

Reception: \$50,000

Pre-Function Area: \$50,000

- Members can stop by our in-house juice bar and enjoy fresh, nutritious treats.
- A 126 sq. ft. apparel space, featuring various goods and gear.
- On-site lifestyle medicine certified physician offering a therapeutic approach to reverse, prevent and treat lifestyle-related chronic diseases through nutrition, physical activity, sleep, environmental exposure, social support, stress management, and much more.

# FRONT OF BUILDING

## Design Features

- Name of donor featured on front of wellness center.
- 3 foot by 24 foot surface area to feature partnering entity name.
- Forefront partnership display.
- Roundabout drive allowing accessible pick up and drop off for members and guests.
- Paved walkway joining health and wellness trail, Serenity Circle Garden and main hospital path.



## Naming Opportunity

\$1,500,000



## Design Features

- 139 sq. ft. private space designed for comfort and relaxation.
- Adjustable massage tables with views of the edible garden.
- Adjustable window shades, featuring one-way windows.
- On-site licensed massage therapists.

## Naming Opportunity

Three Rooms Available: \$30,000



## FITNESS GYM AMENITIES



1. Spin Room
2. Women's Sauna
3. Women's Lockers/Shower
4. Men's Sauna
5. Men's Lockers/Shower

# FITNESS GYM AMENITIES



## Naming Opportunities

Women's Lockers/Showers: \$40,000

Men's Lockers/Showers: \$40,000

Women's Sauna: \$50,000

Men's Sauna: \$50,000

Spin Room : \$100,000

## Design Features

- Guests can relax in one of the 176 sq. ft. therapeutic men or women's saunas, located in our wellness center's locker rooms.
- 573 sq. ft. individual male and female showers offer ample privacy and space.
- Secured lockers provide safe spaces for guests to keep personal belongings while using the facility.
- 1,070 sq. ft. spin room accommodates individual and group workouts.



# GROUP FITNESS ROOMS



## Design Features

- 860 sq. ft. semi-private and small group fitness classes with up-to-date fitness and exercise equipment.
- 2,392 sq. ft. area that accommodates a variety of motivating group fitness classes for every experience level.
- Meet with a certified personal trainer and learn more about what fitness programs are available.

## Naming Opportunity

Small Fitness Room: \$50,000

Large Fitness Room: \$150,000



# EDUCATION CONFERENCE CENTER



- The education conference center can host large and small conferences, health fairs, programs and cooking demonstrations.
- The total space is 4,073 sq. ft. and includes an optional partition wall to create two smaller spaces.
- Adaptable event spaces have the ability to host 100 guests each, if set up with tables and chairs or 280 guests each if only set up with chairs.

## Naming Opportunity

Room 1: \$150,000

Room 2: \$150,000



# ENTRYWAY/MAIN LOBBY



## Design Features

- As you enter the wellness center, you will be greeted by a 1,665 sq. ft. lobby filled with natural light, and overlooking the beautiful facility grounds.
- The lobby will host the reception desk, juice bar, retail space, pre-function area to the large event spaces, access to the locker rooms and fitness areas.
- The lobby is the perfect space to relax or catch up with friends, while enjoying a juice from the juice bar or perusing a class schedule.
- The connection of the lobby to all functions of the facility creates a friendly community atmosphere.

## Naming Opportunity

\$200,000

# DEMONSTRATION KITCHEN

## Design Features

- 200 sq. ft. state-of-the art, full functioning demonstration kitchen.
- The kitchen will feature healthy cooking demonstrations where guests can enjoy samples and learn recipes to try at home.
- The audio and visual technology will allow a view of the cooking area, no matter where guests are seated in the room.



## Naming Opportunity

\$250,000

# FITNESS GYM

## Design Features

- 3,300 sq. ft. whole body fitness center.
- Members will have around the clock access to fitness rooms and the gym, including treadmills, ellipticals, stationary bikes, free weights, balance balls and strength training equipment.
- Members can work out by themselves, in personal training sessions, or with a small group.

## Naming Opportunity

\$500,000





## Design Features

- Sleek and easy to read, the donor wall will celebrate community support by highlighting donors of all levels, who contributed to making this vision come to life.

## Naming Opportunities

Patron Donor Wall: \$5,000 - \$9,999

Pacesetter Donor Wall: \$1,000 - \$4,999

Friend Donor Wall: \$100 - \$999



AdventHealth Sebring

# WELLNESS CENTER



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