

# AdventHealth Wauchula Foundation

Health and Wellness Initiatives



## Who We Are

At AdventHealth Wauchula, we may seem small, but we are mighty — thanks to our comprehensive network-of-care partners. Our exceptional medical staff provides hometown care so you and your loved ones never feel far from home.

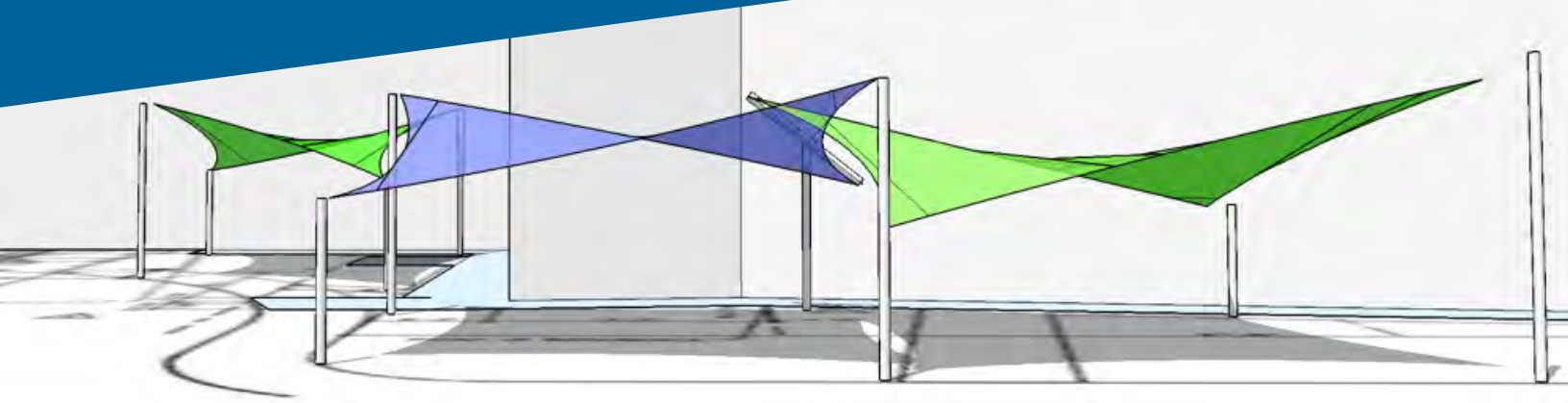
Since 1993, our hospital has cared for the Hardee community. Recognized as a Leapfrog Top Rural Hospital for Patient Safety, we currently offer a spacious rehab facility, a state-of-the-art ER, 25 private patient rooms, and imaging and lab services, among others.

AdventHealth Wauchula is part of the national AdventHealth network, a not-for-profit health care system that has more than 80,000 healing hands and 130 facilities across nine states, all connected by our commitment to provide whole-person care.

As one of the largest faith-based health care systems in the United States, it's important to us to be firmly rooted in our Hardee community. 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 helping everyone in our care feel whole.

# AdventHealth Wauchula Foundation

## Impact Opportunities



### A Time Of Growth

As AdventHealth Wauchula grows to best meet the needs of our patients and visitors, our Wauchula Foundation is raising funds to support priority health and wellness projects throughout our Wauchula campus.

### Shade Sails

Our Wauchula Foundation is seeking to raise a minimum of \$50,000 to fund shade sails on the grounds of our hospital campus.

We know how important visitors are for our patients' recovery, which is why we want our visitors to receive the same whole-person care as their loved ones. This means providing comfortable spaces throughout every corner of our campus. Currently, we have two high-traffic seating areas near the main entrance and cafe that provide guests with minimal shade and protection.

When our patients, visitors and team members have an opportunity to sit outside, we want them to relax without worrying about the weather. And COVID-19 has made outside seating areas more important than ever. As an increased amount of our guests sit outside for window visits with their family, or simply to take a deep breath and reflect, they are sitting in the direct sun, which can lead to discomfort.

The new shade sails will enhance our seating areas by protecting people from the sun and rain, and allowing for additional comfort.





## Wellness Center

**One of the primary ways we support health and wellness within our community is through our AdventHealth Wauchula Wellness Center.**

We don't just care for our patients and community members when they are sick — we also want to keep them well.

That's why our Foundation is seeking to raise \$20,000 to continue to improve our wellness center's amenities.

Our Wauchula Wellness Center is more than a gym. It's a place where our community members can congregate and focus on becoming their best self.

At AdventHealth, we believe in the CREATION Life philosophy. CREATION stands for: Choice, Rest, Environment, Activity, Trust, Interpersonal Relationships, Outlook, and Nutrition.

These guiding principles provide a framework designed to inspire and positively influence a person's emotional, physical, and spiritual health, and will be incorporated into our wellness center's programs and amenities, including workout trainings, cooking demonstrations and massage therapy.

With an innovative, dedicated team of health and fitness professionals, our AdventHealth Wauchula Wellness Center offers the most up-to-date equipment and resources to further improve the health and well-being of everyone who comes through our doors.

## Wellness Trail

Being outside is good for the soul. From community gardens to multi-use exercise stations, our Wauchula Wellness Trail offers all kinds of exciting activities for guests. But our work isn't done! Throughout 2022, we're seeking to raise \$18,000 to continue to improve the trail.

Whether getting in steps, catching up with a friend, or taking a break from visiting a loved one at AdventHealth Wauchula, our Wellness Trail is designed to improve our guests' well-being by encouraging outdoor experiences.





## Community Support

It is through collaboration and partnerships with Hardee County individuals, companies and organizations that we can improve the health and well-being of our community members.

We invite you to join our efforts through an investment in one of our health campaigns.

By making a meaningful gift, you can help us provide whole-person care to everyone we serve.

*Thank you – your generosity heals.*

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