

# Live Well...Give Well.

## Some of the proposed projects and costs:

This list consists of approximate costs and is for informational purposes only. Please see the Wellness Center Director, Lori May, for more details on any project that interests you.

### ***\$1,000 & below:***

- SciFit Stabilizer Bar for better accessibility for those with impaired mobility
- Stretching Table - recommended for those with Parkinsons
- Blow Dryer Stations - Women's Pool Locker Room
- Swimming Lessons Equipment

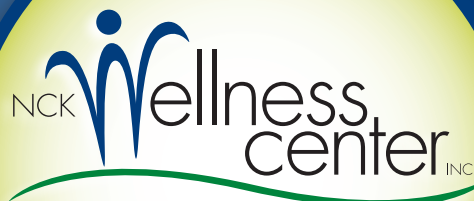
### ***\$1,000-\$5,000:***

- Suit Spinner
- Additional NuStep
- Hot Tub Lift Chair
- T-Bar Row
- Additional Recumbent Bike
- Front Door Auto Openers
- Assisted Pullup
- Torso Rotation

### ***\$5,000 & above:***

- Additional Treadmill
- Pool Renovations
- Dehumidification System for Pool
- Locker Room Remodels to incorporate Family Lockerrooms Poolside
- Development of Worksite Wellness Program
- Additional Elliptical
- New Gymnasium Floor

***Thank you for your support.***



Located on Highway 24  
on the Campus  
of NCK Technical College