

For immediate release Contact: Amy Kilgore, 330-344-6014, amy.kilgore@akrongeneral.org
February 27, 2014 Kelly Ward-Smith, 330-344-1681, kelly.ward-smith@akrongeneral.org

Akron General Health System Named “Best of Medical Wellness”

International wellness organization gives Akron General highest honor

Akron General Health System will be honored at the 2014 Medical Wellness Forum with the **“Best of Medical Wellness” Award** at the 14th annual meeting of the Medical Wellness Association on **March 12** in San Diego, Calif. The Medical Wellness Association is an international professional organization whose mission it is to promote and integrate professional development of medical wellness programs, professionals, facilities and services.

“This designation is indicative of the national leadership role in medical wellness we have developed over the years at Akron General,” said Doug Ribley, Senior Vice President of Wellness Services at Akron General Health System. “This award is a testament to our organization and to the hundreds of employees who are dedicated to the delivery of the highest quality medical wellness services. We are grateful for this honor from the Medical Wellness Association.”

Akron General recognizes the benefits of wellness and prevention as a part of good health. *LifeStyles*, its medically supervised fitness and membership program at Akron General's Health & Wellness Centers, was created to help people incorporate not just exercise, but overall wellness into their life. Its' staff of knowledgeable and friendly athletic trainers, personal trainers, exercise physiologists, nutritionists and wellness experts help clients manage chronic health conditions and achieve health and fitness related goals and objectives.

At Akron General *LifeStyles*, members have access to more than 200 pieces of cardiovascular and weight equipment, indoor lap pool and warm water therapy pools, steam room, sauna, whirlpool, gymnasium and more than 70 land and water group exercise classes, indoor and outdoor track, youth fitness area, indoor rock wall and many fitness and wellness programs for all ages and abilities.

Since 1999, Akron General *LifeStyles* at Akron General's three Health & Wellness Centers has been named as *Club Industry* magazine's number-one hospital-owned fitness center in the country.

About Akron General Health System

Akron General Health System is a not-for-profit health care organization that has been improving the health and lives of the people and communities it serves since 1914. Akron General Health System includes: Akron General Medical Center, a 511-bed teaching and research medical center, and Edwin Shaw Rehabilitation Institute, the area's largest provider of rehabilitation services;

- more -

Akron General Partners, which includes Partners Physician Group, the Akron General Health & Wellness Centers, Lodi Community Hospital, Community Health Centers and other companies; Akron General Community Health Ventures, which includes Visiting Nurse Service and Affiliates; and Akron General Foundation. Recently, *U.S. News & World Report* ranked Akron General Medical Center as the fifth best hospital in Ohio. In 2013, the American Nurses Association bestowed the prestigious “Magnet” status on the more than 1,000 nurses from Akron General Medical Center, Edwin Shaw Rehabilitation Institute and the Health System’s Health & Wellness Centers. For more information about Akron General Health System, visit www.akrongeneral.org.

###