

The State of Maine Wellness Centers are provided to help State employees, retirees, their spouses/ domestic partners and widows/widowers to reach their fitness goals and stay healthy. It's a great opportunity to use fitness equipment, attend exercise classes and receive free personal training, while having a good time.

All services at both Wellness Centers are free.

We offer a relaxed/comfortable atmosphere, where we work with you to meet your goals. We look forward to seeing you soon at the Eastside Wellness Center in Augusta or the Bangor Wellness Center in Bangor.

Our Wellness Centers' employees are happy to work with new and existing clients.

We look forward to seeing you soon!



"Like" us on Facebook!

## State of Maine Employee Wellness Centers

### Eastside Wellness Center

6 Elkins Lane

Augusta, Maine 04330

(207)287-4278

Trainer's Office (207) 287-4279

### Bangor Wellness Center

102 Hogan Road

Bangor, Maine 04401

(207) 941-4419

### Hours

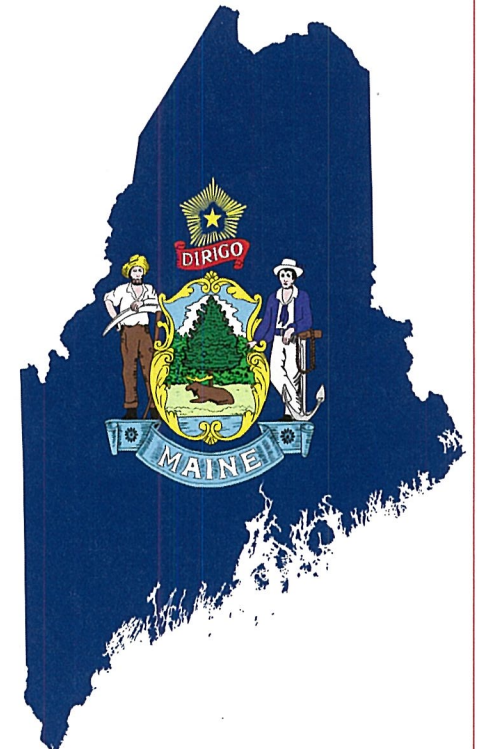
Mondays-Thursdays

6:00 AM –6:00 PM

Fridays 6:00 AM –2:00 PM

The State of Maine Employee Wellness Center Program is brought to you by the Maine Division of Employee Health & Benefits and Office of Workers' Compensation and partnering with MaineGeneral Medical Center.

## Welcome to the State of Maine Employee Wellness Centers



The State of Maine Employee Wellness Centers offer free use of our gyms to all State of Maine employees, retirees, their spouses/ domestic partners, widows/widowers.

**Membership is FREE!**

The State of Maine Wellness Centers are a fabulous opportunity for State employees, retirees, their spouses/domestic partners and widows/widowers to use fitness centers at the Eastside Wellness Center in Augusta and the Bangor Wellness Center in Bangor at no cost to you.

Membership at the State of Maine Employees Wellness Centers include FREE exercise classes, use of excellent state of the art exercise equipment and FREE personal training.

The Wellness Centers are also a wonderful opportunity for retirees to socialize and stay physically active with friends and previous co-workers.

### The State of Maine Employee Wellness Centers'

#### Mission Statement

To promote and enhance the health and well-being of the state employees and their families, as well as state retirees, through a dynamic worksite wellness program that emphasizes fitness and wellness and its relation to the overall well-being of the individual.

#### Our Vision

The State of Maine Employee Wellness Center Program will provide a safe, encouraging and welcoming environment for members of all fitness levels who are encouraged to achieve their desired outcomes based on the needs of the individual—the program will serve all members according to those individual needs through personal one on one sessions, group sessions, fitness classes, and other means that may be recognized.

Please visit us to see our facilities in Augusta and Bangor.  
You will be glad you did!

### Fitness Services include

- Wellness Centers in Augusta & Bangor
- Personal training
- Group fitness classes
- Fitness Assessments
- Full range of Strength-training and Cardiovascular Equipment
- Equipment Orientations
- Fitness Consultations
- Home Fitness/Wellness Programs

### Group Exercise Classes Offered (class offerings vary at Eastside and Bangor Wellness Centers)

- PiYo LIVE!
- Cardio Kickboxing
- Circuit City
- Indoor Cycling
- TABATA
- Functional Fitness
- Beginner & Intermediate Yoga

### Enrollment Forms

- Wellness Member Application Form
- Agreement Waiver Form
- Code of Conduct Form
- Health Clearance Form

Forms can be found at [www.Maine.gov/deh](http://www.Maine.gov/deh)

- \* Go to Wellness Resources for Employees, Retirees and Members of the State of Maine Health Plans

All retirees and their spouses/domestic partners must include a Health Clearance Form and have an initial consultation/ orientation with a fitness specialist before using the facility.

Some employees and their spouses/ domestic partners may also be required to provide a Health Clearance Form depending on the health history provided on the Wellness Center Member Application Form.

