

SANFORD[®] SPORTS

sanfordsports.com

SANFORD STRONG

Get Strong. Feel Better. Start Here.

For individuals looking to start their health and wellness journey.

BUILD HEALTHY HABITS WITH SUPPORT THAT LASTS

Not sure where to begin your wellness journey? Sanford Health and Sanford Sports have created a guided, empowering program designed to help you build strength, confidence, and long-term healthy habits—with a team of experts by your side.

WHAT'S INCLUDED

- **Personalized strength-training sessions**
- **Breakout discussions:** recovery, nutrition, goal setting
- **A supportive community working toward similar goals**

PROGRAM DETAILS

 **Dates:** Monday, June – Wednesday, August 12th

 **Days/Time:** Mondays & Wednesdays, 11:00 AM – 12:00 PM

 **Cost:** \$10 per session

Supportive funding available for qualifying participants

 **Location:** Sanford Sports

3451 N 14th St, Suite C

Bismarck, ND 58503

GET STARTED

Intake paperwork must be completed before participating.

Access it via the QR code below

OR call Sanford Sports at **(701) 323-1125**.

LEARN MORE

For information about group training or the Sanford Strong program, contact:

Mike Wagner, Occupational Therapist

 **(701) 323-1125**

