

Welcome to the RiverWoods Well-Being Center

Well-Being to Live Your Best Life!

RiverWoods is committed to your well-being—because physical, emotional, and cognitive well-being go hand in hand. We offer robust, holistic programming designed to ensure that you are targeting all aspects of your well-being. Our team includes well-being professionals, pastoral care associates, and volunteer and lifestyle enrichment associates.



OUR FOUR TENETS OF WELL-BEING

MOVE
BETTER

FEEL
BETTER

CONNECT
MORE

EXPERIENCE
MORE

WELL-BEING PROGRAMS

Fitness classes

Kinnections Brain Health

FITNESS CENTER

Well-Being Center Office Hours

Mon - Fri: 6 AM - 3:30 PM

First Floor Fitness Center

Mon, Wed, Fri: 6 AM - 6 PM

Tues, Thurs: 6 AM - 4:30 PM

Sat - Sun: Noon - 4 PM

Second Floor Fitness Center

Open 7 days a week: 8 AM - 8 PM

Pool

Mon, Wed, Fri: 2 PM - 5:45 PM

Sat - Sun: Noon - 4 PM

CONTACT US | (570) 522-6176

David Shoffler, Director of Well-being | 570-522-6176 | David.Shoffler@Asbury.org

The RiverWoods Well-Being Center | 270 RidgeCrest Circle | Lewisburg, PA 17837

RiverWoods.org

MEMBERSHIP OPTIONS



STANDARD OFFERINGS

All-inclusive for RiverWoods residents

CLASSES

- Mobile Body
- Seated Mobile Body
- Hydro Power
- Hydro Balance
- Group Circuits
- Balanced Body
- Yoga
- Tai Chi
- Aikido
- SMARTfit® Exergaming
- Water Volleyball

SERVICES & AMENITIES

- Pool & Fitness Center/Studio Satellite Gyms
- Ping Pong
- Billiards
- Monthly Intramural Sports
- Outdoor Walking Paths, Fitness Stations, Games
- Monthly Meet & Greet with Brain Health Coach

STANDARD OFFERINGS | A LA CARTE OPTIONS

Add Enhanced Plus classes for the following costs:

- \$10 Guest Pool Pass
- \$375 Kinnections Assessment and Customized Brain Health Plan

ENHANCED PLUS PACKAGE

\$35 per month for RiverWoods residents

Enhanced Plus Package Membership includes Standard Offerings, Kinnections (see page 3) plus:

CLASSES

- Blazing Cognition
- SMARTfit® Group
- Senso Balance System

READY TO GET STARTED?

- 1 Schedule an initial assessment and coaching session with one of our well-being professionals
- 2 Choose from two options:

Standard Offerings

All-inclusive pricing for RiverWoods residents. Offers a wide range of fitness classes and access to the pool.

Enhanced Plus Package

Includes Standard Offerings + the Kinnections Brain Health program.

KINNECTIONS BRAIN HEALTH

at RiverWoods



KINNECTIONS PROGRAM

All parts of the Kinnections program are included in the Enhanced Plus Package for \$35 per month.

\$375 One-Time Kinnections Brain Health Assessment

Brain-Body Workout

Also known as dual-task training, Kinnections programming combines the latest science-based brain training practices with cutting edge neurocognitive assessment and brain-training tools. Developed by brain health, dementia, occupational therapy, neuroscience, and senior well-being experts.

Brain Health Assessment

5-part assessment that examines seven cognitive domains: sensory motor; attention; memory; executive function; processing speed; language; social cognition.

The cognitive assessment includes:

- Global cognition
- Subjective memory scale
- Quality of life indicator
- Cognitive/motor performance
- Domain-specific cognitive performance

Customized plan with exercises and activities for your specific strengths & weaknesses.

After the Assessment

- Clinical referrals based on your need for further clinical evaluation.
- Personalized brain health plan with exercises, activities, lifestyle recommendations tailored to the test results.

Meet the Team

Sue Paul, MBA, OTR/L, CHC, FAS, BHTC

Sue is an occupational therapist and Certified Health Coach with more than 30 years of experience working with older adults and people with neurodegenerative conditions including dementia.

Adam Turner, BS, MSc, CPT, CNSVS

Brain Health Coach

Adam is a certified brain trainer and brain health coach who has dedicated 16 years to empowering youth and adults with diverse mental health diagnoses. He received a Bachelor of Science Degree in Psychology from Penn State University and is certified in MoCa, CNSVS, and ICAA Wellness Management.

Contributing Experts

The Kinnections Brain Health Program was reviewed by esteemed experts, researchers, and neuroscientists specializing in senior health.



Learn more about brain health matters!

Scan to view short videos and articles by Sue Paul, Senior Director of Well-being and Brain Health.

GET IN TOUCH



Well-Being Center: ext. 6176

Well-Being Staff

- David Shoffler, Well-being Director ext. 6176
- Kim Chandler, Well-being Professional..... ext. 6176
- Bob Frangione, Lifeguard..... ext. 6176
- Adam Turner, Brain Health Coach ext. 3861



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