

## Andreasen Center for Wellness Events

### Ribbon Cutting Celebration and Grand Open House

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The Ribbon Cutting Celebration for the Andreasen Center for Wellness at Andrews University will take place on Thursday, Sept. 26, from 2–3:30 p.m. The Grand Open House will take place on Sunday, Sept. 29, from 11 a.m.–3 p.m. All are invited to attend both events.

The Ribbon Cutting Celebration will feature preliminary music by Cardinal Number, remarks from Andrews faculty, staff and students, and comments from Michael Hildebrand, Oronoko Township president.

The Grand Open House will include tours of the Andreasen Center for Wellness as well as opportunities to participate in group fitness demos, sample food from Le Café, sign up for memberships for The Wellness Club at the Andreasen Center for Wellness and more.

“Our University Wellness Team believes that we are ‘MADE TO THRIVE,’ and we are excited to provide this new facility with unique, state-of-the-art amenities and opportunities! We would love to welcome you as a part of our thriving community,” says Dominique Gummelt, director for University Wellness and executive director of the Andreasen Center for Wellness.

It is the vision of the new Andraesen Center for Wellness to provide a place where members can live wholly, intentionally explore concepts of wellness, learn deeply, and purposefully engage the campus, local and global community together in living healthful lives connecting body, mind and spirit.

The Center will feature both a Wellness Club and a Recreation Center. All Andrews University students will have access to both spaces and programming while all Andrews University employees, family members and community members who choose to become members will have full access to the Wellness Club.

The Wellness Club includes several suites and areas for members. Within the Indoor Fitness Suite, members can access a variety of amenities such as the 1/11th-mile track; cardio, functional fitness and weight training equipment; free weights; and two group fitness suites. The Outdoor Fitness Suite will include a walking path, a Sensory Retreat, a European-style patio with water fountain and an outdoor classroom called The Ellipse. For those who prefer to swim, the Aqua Fitness Suite will have an indoor saltwater pool. Nearby, members can enjoy an indoor hot whirlpool, dry sauna, a sunroom retreat, an infrared lighting cove and more in The Healing Oasis. Additionally, Wellness Club members have access to the Commons, Le Café and International Boulevard with its classrooms, conference room, Wellness HQ, massage therapy (Relief Chiropractic), the Serenity Place and other fee-based services.

The Recreation Center will include three multipurpose sports courts, a full-size basketball court, home and visiting team locker rooms, an athletic team office suite and an athletic training room. These spaces will be used by the Office of Athletics in the Andrews University Division of Campus & Student Life to provide a variety of sports and recreation programming such as intramurals, open recreation, athletics and Student Life events