



---

HEALTHY OPTIONS FOR PERSONAL EMPOWERMENT

---

Dear Neighbor,

2020 has proven to be an extremely stressful year for all of us and many people in our community are struggling to cope with life's challenges. Bridgeway Center would like to make you aware of the many supportive services we offer. One of the lesser known programs is the Wellness Center, which provides transportation assistance, socialization, and many other supportive services. Some of our services include:

- **Transportation** – Free transportation to and from the Wellness Center.
- **Daily Nutrition** – Free continental breakfast and lunch available.
- **Life Skills** – Focuses on life choices and management through effective solution focused problem solving. Affordable healthy eating classes are offered that include weekly shopping trips to Wal Mart.
- **Emotional Growth** – Concentrates on developing and maintaining positive relationships and finding ways to express emotions in a healthy manner.
- **Leisure Activities** - Recreational and socialization activities include trips to Okaloosa Island, local museums, and monthly "Lunch on the Town".

Our goal is to offer a layer of support within the community and to foster independence for the people we serve.

Our hours of operation are 9:00AM-1:00PM or as scheduled for special activities. Please give us a call Rachel (850) 758-6662 or Sheri (850)376-4036, to schedule a tour and explore ways we can assist you.

We look forward to serving you.

Sheri Mayhair

Wellness Center Supervisor

---

2007 WEST JAMES LEE BLVD • CRESTVIEW, FL 32536 • 850.689.7827

[www.BridgewayCenter.org](http://www.BridgewayCenter.org)

 [Facebook.com/BridgewayCenterInc](https://Facebook.com/BridgewayCenterInc)