



# Building a Community Through Wellness

Cleveland Clinic Fairview Hospital and the West Side Recreation Centers Fairview Park, North Olmsted, Rocky River and Westlake are coming together to send a message of hope and support that we can become a community through wellness and 'Be West Side Well' in 2021.

Starting the first week of April, each Rec Center will have a limited supply of journals donated by **Straight from the Heart**/Fairview Hospital because research shows that recognizing and giving thanks for the positive aspects in your life has many health benefits including improved mental health, lower cardiac risk, better sleep and lower levels of inflammation\*.

We invite you to join us on a journey to Be West Side Well!

Share your journey on social media: #BeWestSideWell21

Visit our websites for a list of current activities to help you on your wellness journey:

- [fairviewhospital.org/wellnesscentercalendar](http://fairviewhospital.org/wellnesscentercalendar)
- [fairviewparkrec.com](http://fairviewparkrec.com)
- [north-olmsted.com/parks-recreation-department/fitness/](http://north-olmsted.com/parks-recreation-department/fitness/)
- [rrcity.com/fitness](http://rrcity.com/fitness)
- [cityofwestlake.org/recreation](http://cityofwestlake.org/recreation)

