

2-3 Writing Assignment: Internal Newsletter  
Northern University Hospital Fitness Center Announcement

Construction Complete on Northern University Hospital Employee Fitness Facility  
Join us September 12 for the grand opening of Northern Fitness

We at the Nobel Wing of Northern University Hospital are thrilled to announce our new fitness center, Northern Fitness, is opening September 12 2016. The Northern Fitness Center is part of Northern University Hospital's new initiative to lead by example and show that we prioritize the health of our team just as much as we prioritize the health of our patients. We understand our employees have many commitments and responsibilities, which could make it hard to fit exercise into their routine. Our new state of the art facility will be available to all hospital employees 24 hours a day, free of charge, to accommodate the busiest of schedules. We would like to thank board member Johan Köhler, whose generous donation has made this center possible. "What I love about Northern University Hospital is the degree to which our employees care about the health of our patients," says Köhler, "They always go above and beyond, and I want to pay that forward and give back to our hardworking employees: to thank them for everything they've done." Köhler was just one member of the committee dedicated to the Hospital Fitness Center Project. "When the orthopedic center was being relocated out of the Nobel Wing, we toyed with the idea of turning the old space into a fitness center," Köhler explains, "The other members of the board jumped on the idea. We put together a committee to work out the details and renovation began in record time. Just one year later, our employees have a place to unwind while getting their blood pumping!"

Northern Fitness, located in the former orthopedic center in the Nobel Wing, features a variety of equipment for all aspects of physical exercise. Some amenities include a variety of cardio machines: elliptical trainers, treadmills, and stationery bikes. The center also features a studio for yoga, dance, and pilates, a spacious room for strength training complete with machines as well as free weights, and locker rooms with shower facilities. Trained staff will be on hand to ensure the safety of all employees and answer any exercise related questions. The center will open 10:00 AM Monday September 12 2016. Because of her excellent work as the overseer of the stroke patient therapy programs, Ula Lindahl has been appointed the new director of the fitness center and manage the 15 staff members of the Northern Fitness team. Ms. Lindahl's apprentice, Nurse Bengt Hedlund, will now oversee the stroke patient rehabilitation program. Any questions pertaining to the stroke patient rehabilitation programs should be addressed to nurse Hedlund. If you have any questions about the fitness center, please contact Ms. Lindahl at the fitness center's new extension: 0-7890. We would like to invite all Northern University Hospital staff to come down to the Nobel Wing and join us at Northern Fitness' grand opening 10:00 AM September 12.