



VISION: The vision for the Rise Above Wellness Center is to nurture the enhancement, education, and empowerment of individuals via access to programs for exploration and advancement in the quest for wellness of Mind, Body, and Spirit.

MISSION: The mission is to maintain the Wellness Center as housing for activities which support exploration, open discussion, learning, development of awareness, and healthy lifestyles.

GOALS: Goals include providing community access to a broad selection of alternative healthy and holistic lifestyle development tools incorporating, but not limited to, Yoga, Martial Arts, Beginner & Advanced Exercise, Guided Meditation, Creative Wellness, Alternative Health and Nutrition, Tai Chi / QiGong, Energetic Modalities, discussion groups, and an extensive lending Library.