

NOFO Wellness Center has been in business for over 15 years. And in this time this business there was never an unnecessary closure.

Due to the recent outbreak of the Covid-19 virus, **NOFO Wellness Center** knows that your health is very important and we take this seriously. Up until the last 24 hours, it was our strong belief that, if we were to take measures of cleaning, disinfecting and social distancing, that we would remain open.

This no longer seems possible and though this is a painful choice, we have to believe that the best and most responsible course of action is for NOFO Wellness to close temporarily for 2 weeks, starting tonight. The closure would be from Tuesday 3/17/20 – 3/31/20, or until further notice.

We have realized that this short period of time seems most critical in containing this virus. We need to be a part of that shared effort and we will do all that we can during this time.

We want to thank all of our members, customers and employees for your support and loyalty. We will miss you during this hiatus period. Our plan is to reopen at the very soonest time when doing so is safe and supportive of public health.

I will be available if you want to email me at Nofowellnesscenter@gmail.com or you can text me at **(631) 566-4000**. I am here to support you with exercise routines with tips and/or workouts. So just give me some time to set all this up for you. As this is new to you, this is very new to me as well. But stay tuned for some videos from us.

Also, please check for updates on our website www.nofowellnesscenter.com

I will say this again, we will all get through this together.

Stay healthy and God Bless.

Andrea Esposito

President / NOFO Wellness Center