

Community Alliance Group, Inc.

PRESS RELEASE

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FOR IMMEDIATE RELEASE

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Community Wellness Center to open in McLaughlin

Community Alliance Group, Inc., a local 501(c)3 non-profit organization, has created a collaborative space to bring a new wellness center to the area. The facility provides a fitness center (equipped with essential workout equipment), a dry infrared sauna, massage therapy, inversion table, physical therapy dry needling, mental health counseling, treatment program services, diabetes program services, and a variety of wellness classes.

"We've worked collaboratively to bring in the right elements for supporting physical, mental, and spiritual wellness under one roof for all people," said Kimberly Olson, Executive Director of the Community Alliance Group. "We are committed to uplifting and empowering the community through hope, healing and forgiveness for the good of all. With the different providers, organizations and volunteers working together, it shows the commitment by all involved that we can make great things happen here for everyone."

The wellness center is located at 212 1st Ave. West in McLaughlin, utilizing the west entrance to the north wing of the Redeemer Lutheran Church building. The first month in operation we plan to be open seven days a week with extended operating hours in order to learn the days and times when the community will most utilize the facility. There will be multiple membership options or day passes available along with access to the therapists and counselors by appointment.

The grand opening event will be held on Friday, March 17 from 1pm-6pm MT/2pm-7pm CT and will have therapists, counselors, fitness technicians, and others involved in the center available for facility tours and questions. At 2pm MT/3pm CT there will be a presentation along with keynote speaker, Miranda Klatt, to kick off the grand opening!

Miranda Klatt is a former personal trainer and group fitness instructor. She is the executive Director of Fit 4 Victory: A 501c3 non profit whose mission is to provide group fitness and personal training to individuals who struggle with mental health and substance use issues. Her passion for fitness started when she realized that exercise helped reduce her anxiety and panic attacks. It became her mission to change the way people viewed exercise. As a trainer she encourages people to find movement that brings them joy and focus on how they feel instead of how they look. "I feel called to serve people in our community who are struggling with mental health, and healing from trauma. "

An additional opportunity for facility tours will be on Saturday, March 18 from 10am-2pm MT/11am-3pm CT. ALL are welcome and encouraged to attend to learn more and see what a gem this is to the region.

Word Count = 446

ABOUT

Mission Statement: The Community Alliance Group is committed to uplifting and empowering the community through hope, healing and forgiveness for the good of all.

Vision Statement: The Community Alliance Group strives to engage all people to help each other be their best and find strength through positivity and love while living, working, learning, and playing together as a community.

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