

SHORELINE WELLNESS CENTER

Impacting lives in our community



Jon and Jane Ruiters
Grand Junction, MI



Jane Ruiters joined the Shoreline Wellness Center in 2009. Here is her story . . .

“At that time I joined the Wellness Center, I was on a medication for depression for over 18 years and thought I’d be on it the rest of my life. I had just graduated from Rehabilitation Services for a shoulder issue and was terrified of exerting myself due to a recent episode of atrial fibrillation and I was afraid of fracturing a bone due to severe osteoporosis.”

“Now, two years later, I no longer need an anti-depressant medication, I have greater heart stamina and my osteoporosis has improved. I worked with Kevin, who helped me start a program with weight bearing exercises and cardiovascular activity to increase my endurance. I started taking yoga and John taught me that it is possible to have a quiet mind at times. Chris helped me balance my diet and Tanya took extra time to help me improve my balance which I notice when riding my horses. I go to the Wellness Center three days a week. It’s a social event as well as a time to exercise.”

Jon Ruiters had his left hip replaced in 2003 and his right hip in 2010. Here is his story . . .

“I had a much faster rehabilitation of my right hip due to Kevin Thompson at the Wellness Center, Marcus Bonasso, PA-C and Dr. Postma. When I knew I was going to have my right hip replaced, I spoke with Kevin and he showed me exercises to strengthen the muscles of my hip area pre-operatively. After my surgery, when Dr. Postma released me to exercise again, Kevin and Marcus developed a personalized program. Because I used the Wellness Center preoperatively, this recovery went great and much faster than my left hip in 2003.

SOUTH HAVEN
HEALTH SYSTEM

SHORELINE WELLNESS CENTER

950 S. Bailey Avenue, South Haven, MI
www.shorelinewellness.org