



For Release
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Wil-Power Foundation to Open Rehab Gym in Crystal River *Wil-Power Wellness to Focus on Health of Youth, Disabled*

CRYSTAL RIVER, FL – Wil-Power Foundation today announced the opening of Wil-Power Wellness Center in late September 2018. The center, located in Crystal River’s Shamrock Industrial Park, will provide specialized wellness services including exercise classes, nutritional guidance and wellness plans, along with sports-specific exercise programs. An open house is planned for Saturday, September 29 from 2:00pm to 5:00pm in Shamrock Industrial Park at 6843 N Citrus Ave, Building 2 Unit T, Crystal River.

According to Wil-Power Foundation co-founder, Emily Mintner, the wellness center is different from other gyms because of its unique structure. “Some people need guidance, or want it, and others need physical assistance to use equipment,” she said. “Wil-Power Wellness makes all of this possible by having a Physical Therapist design programs for all patrons and specialized personal trainers with a unique understanding of how to work with people who may have permanent and lifelong disabilities.”

In addition to offering programs for those with disabilities, Wil-Power Wellness provides specialized programs for Citrus County youth. Sports-specific training programs, speed and agility training and a pediatric weight loss program called Healthy Habits will be available for the younger crowd. Scholarships and sponsorships are available for qualifying students.

“We’re pleased our board of directors has funded this beautiful facility for the community,” said Alissa Martin, Executive Director of the Wil-Power Wellness Center. “As a charitable organization our mission is to bring wellness to the communities we’re a part of, and the opening of this center makes that mission come true.”

About Wil-Power Foundation

The Wil-Power Foundation, Inc. was founded in 2016 after the passing of student-athlete Wil Mintner. The foundation’s mission is to inspire and equip people of all ages through physical, social and cognitive means to assist them in achieving their highest potential in sport and in life. This is done through a variety of programs, including Healthy Habits - a Pediatric Weight Loss Program - as well as the Heads Above Water Workshop, which coaches graduating high school seniors through challenges they may face when leaving home for the first time. For more information, visit wilpowerfoundation.org.

- **WHAT:** Wil-Power Wellness Open House
- **WHEN:** Saturday, September 29, 2018 from 2:00pm-5:00pm
- **WHERE:** Shamrock Industrial Park
6843 N Citrus Ave, Building 2 Unit T
Crystal River, FL

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Students in the After School PowerFit class at Wil-Power Wellness preview the new Crystal River Location. Pictured (from left to right): Chelsea Mansfield (personal trainer), Jordan Williams, Jordan Martynowski, Cason Phillips, Braden Phillips, Maggie Gerrits, Garner Langlo, Executive Director Alissa Martin, and Savannah Edwards.

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