



RESERVE HEALTH



Marathon Health™

-partnered with-



Your Charlotte Public Safety Newsletter... REIMAGINED

If the Health & Wellness Quarterly newsletter doesn't sound familiar; you're not alone. However, we've been keeping our ear to the ground and collecting feedback on how to fix this. It's with that feedback that we've decided to take things in a new direction!

Our goal has been to create a virtual "X-marks-the-spot" where we can store all of our announcements, content, and reminders for convenient access. With this **UNIVERSAL QR CODE** that we plan to distribute throughout the city; we'll be able to make all of our content accessible using the lens of your smartphone. No email needed!

So far you've been missing quite a bit! Over 18 months of expert-crafted workouts designed to fit busy schedules while using minimal equipment. Blog articles that aim to shed light on hot topics between groups. Our Reserve Health YouTube channel covers everything from Exercise Science to Behavioral Health and more. All created for you with the goal of getting right to the point and providing you with the "need to know" details.

We've been working hard to carve an entirely new section of track for ourselves and hope you'll decide to buckle up and join us for the ride.

Sincerely,
Hunter Heath (HWF Coach) and the rest of your Public Safety Healthcare Team.



Endorsed by  **CITY of CHARLOTTE**