

## 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

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[www.shorelinewellness.org](http://www.shorelinewellness.org)