

We're All Ears

Questions?
Comments?
Story Ideas?

Let us know how we're doing.

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we always want to hear...

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WELLNESS FITNESS NUTRITION
FORCE **POWER** STAMINA **ENERGY**
SPEED
AGILITY ENDURANCE **STRENGTH**

Avera Sacred Heart Hospital's Acceleration & Challenge Programs are designed to help participants reach their optimal potential with a focus on fitness and wellness. We offer programs for ages 10-18 years old, from the beginner to the elite level.

Avera 
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Register at Avera Sacred Heart Hospital Wellness Center or call (605) 668-8357.