

Full circle health and
well-being begins here



GONZALES
HEALTHCARE
SYSTEMS

thrive

HEALTHPLEX



***thrive* HEALTHPLEX**

1300 Captain Albert Martin Trail

Gonzales, TX 78629

phone: 830-672-4986

www.gonzaleshealthcare.com



Welcome to Gonzales Healthcare Systems' **thrive HEALTHPLEX**, the 50,000+ sq. ft. facility in Gonzales, Texas dedicated to fitness, therapy, & YOUR total-body wellness.

Our mission is to entice the imagination to explore new health opportunities and passions that call each of us to become all we can be.

Our vision is to be a life-enhancing experience that bridges health-care and personal wellness through empowerment and transformation.

We invite you to explore our facilities, amenities, classes and services. Discover how **thrive HEALTHPLEX** can enrich you and your family's lives with full circle health and well-being.



HOW WILL YOU *thrive*?



Amp up your **drive** to get fit & stay fit in our **fitness area**

Whatever your speed, **thrive HEALTHPLEX** has something to get your blood pumping. With state-of-the-art equipment, technology, and a highly trained staff, you can find the ideal mix that motivates you to get moving and keep moving. You'll reach your goals faster as you work out with friends and family, surrounded by a positive community of support.



Areas include:

- **empower:** Free weights
- **ascend:** Multi-purpose court*
- **rise:** Rock climbing wall
- **splash:** Splash pad, lap swim lanes, rec space
- **relax:** Dry sauna
- **move:** Group exercise*
- **rally:** Raquetball
- **remember:** Walking path
- **transform:** Locker rooms
- **reach:** Transitional spaces for beginners; also hosts cardiac rehab

**these areas are available as rental spaces*

Group Fitness Classes

We offer a variety of classes such as water aerobics, step aerobics, strength & cardio, dance, kickboxing, chair, and more.

Our class schedule can be found at the **drive** member counter, call 830-672-4986 or Facebook.

Personal Training

ACE Certified personal trainers at **thrive HEALTHPLEX** offer customized instruction for individuals or small groups to meet their specific goals. Using consistent, non-judgmental support, they provide motivation and a program that matches your lifestyle and schedule.

Inquire at the journey or drive counter for more information. Individual or small group available.

Relax, restore, & *rejuvenate* your health at our **med spa**

Gonzales Healthcare Systems Med Spa's mission is to uphold an atmosphere of professionalism, personal attention, and excellence in care.

Level 4 medical-grade Sciton Laser treatments

Broad band light (brown spots, red spots, and vascular), Nano Peel, Micro Laser Peel, Profractional (deeper resurfacing), Laser Hair Reduction, Veins (reduction), Skin-Tyte, Acne and Nail Fungus.





rejuvenate

med spa

Facial Services

Relaxing, Dermaplane, Resurfacing, Anti-aging, Teen facials, Men's facials and many more.

Our Estheticians also offer makeup applications, chemical peels and waxing services.

Massage therapy

Full body, sports, hot stone, stretching, deep tissue, neuro-muscular, prenatal, oncology, pedi-care, and paraffin treatments.

Kathleen Koerner, DO, F.A.C.O.S is the Med Spa's Medical Director and Laser Safety Officer. Dr. Koerner provides **Botox**, **Juvederm** (Ultra & XC) and **Voluma** upon appointment.

We proudly offer **Glo Therapeutics**, **Glo Minerals**, **ZO Skin Health**, and **Baby Foot** lines to meet all of your skincare needs.

Contact

Call 830-672-8756 to schedule your appointment.

Superior **therapy services** to help you **achieve** optimal health

SPEECH THERAPY

Our speech Therapy program provides adults and children the comprehensive care needed to improve speech, language, cognition and swallowing in order to provide patients greater independence. Our speech therapy department provides Outpatient, Inpatient and Home Health treatments that are tailored to meet each patient's individual needs and goals.



PHYSICAL THERAPY

Our physical therapy program incorporates a wide variety of treatment approaches to accomplish our patients' goals.

Comprehensive Rehabilitation Services

- Patient-specific orthopedic, neurological, and manual physical therapy programs
- Balance and vestibular rehabilitation programs
- Pediatric physical therapy designed to address the specific needs of young children
- Geriatric specific rehabilitation and training
- Occupational, manual, hand, upper extremity, and sports-specific therapies are also available

Dedicated therapy pool: **emerge**

Water-assisted therapy is a proven technique used in several kinds of rehabilitative, occupational and sports-specific therapies. Our full-sized therapy pool is fully dedicated to your therapy needs.

Make an appointment

Call 830-672-6438 to schedule your appointment.

nourish
demo kitchen

Learn how to *nourish* your body and mind in our **demo kitchen**

Food is an integral part of whole-body health. At **thrive HEALTHPLEX** we are here to support your lifelong wellness journey with classes and education to enhance your skills and knowledge in the kitchen. You and your family will benefit from hands-on, professional instruction in our onsite, residential-style kitchen.



Connect and **create** in our conference area

Our state-of-the-art conference area is the perfect space for your next business or community meeting. Equipped with tables and chairs, outlets and an integrated projector this space can be customized to suit your gathering.

Other areas available for rental include:

ascend: Multi-purpose court

move: Group Exercise

For rental, contact:

Call 830-672-4986 to schedule your appointment.



belong

lounge area

All are welcome to ***belong*** at thrive. Relax, surf the web using our guest wifi, or just socialize in our inviting lounge area.

fuel

juice/coffee bar

Grab a freshly made beverage to ***fuel*** your day at our **coffee and smoothie bar**.



Little ones have a fun and safe place to *sprout* in our children's area

Enjoy your workout, therapy or doctors' visit in peace, knowing your kids are in good hands and having a blast.

At **thrive HEALTHPLEX** we offer childcare services to all members for up to 2-hours a day. Staffed with childcare professionals, we provide a variety of indoor and outdoor activities to keep your children active and engaged.



enhance

medical offices

Our conveniently located, on-site medical building will **enhance** your health with the highest level of care from world-class physicians.



Cardiology

William E. Craig, MD

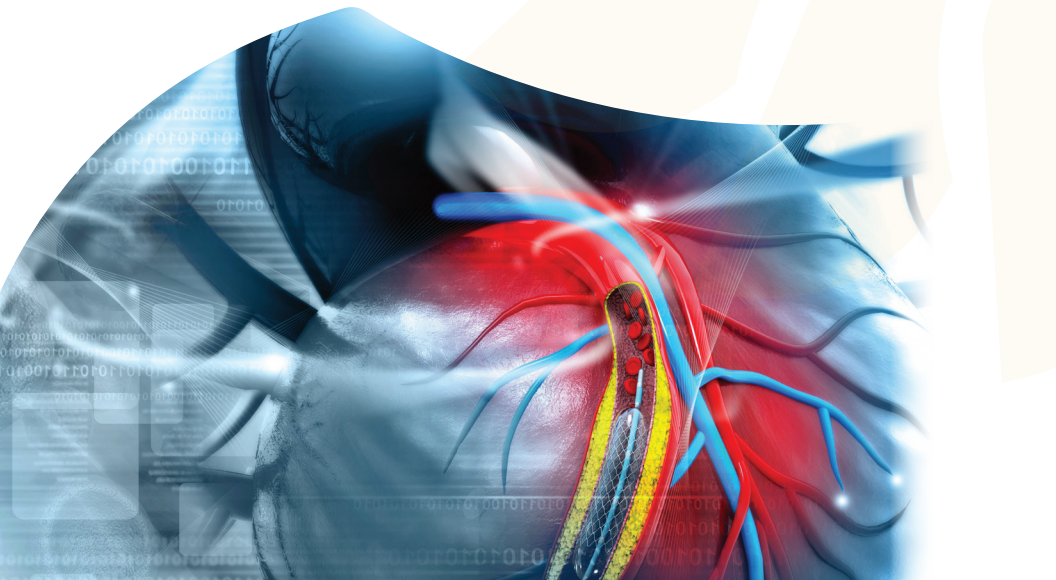
830.672.3845

Medical School:

University of Kansas School of
Medicine, Kansas, City, KS

Residency: William Beaumont Army Medical Center,
El Paso, TX

Board Certification: Internal Medicine





General Surgery

Kathleen Koerner, DO, F.A.C.O.S
830.672.6120

Medical School: Arizona College of
Osteopathic Medicine, Glendale, AZ

Residency: Henry Ford Maccomb

Hospital, Warren, MI

Fellowship: Botsford General Hospital,
Farmington Hills, MI

Board Certification: General Surgery



Orthopedics

Gloria Box, MD
830.672.6120

Medical School: UT Southwestern
Medical School,
Dallas, TX

Residency: Baylor College
of Medicine, Houston, TX

Board Certification:
Orthopedic Surgery

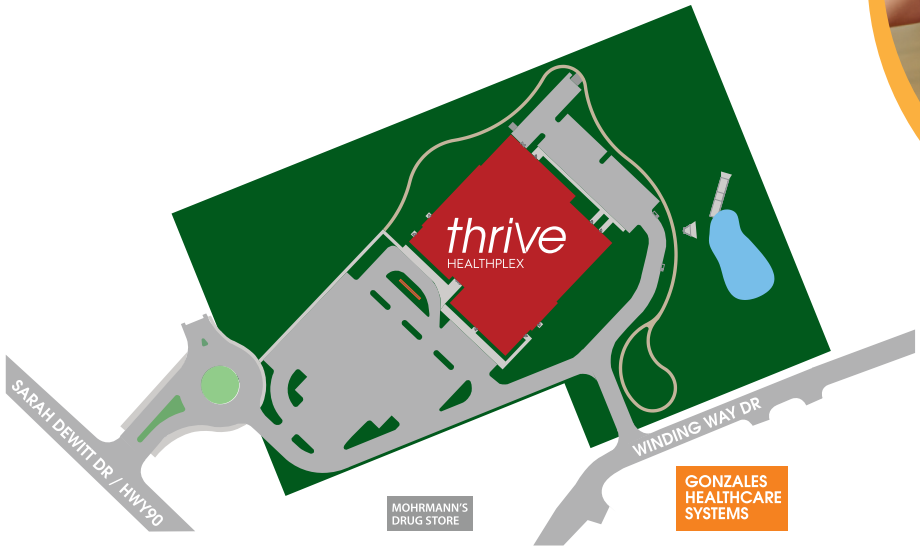


Experience *thrive* HEALTHPLEX

- 50,000 sq/ft. State-of-the-Art Health Facility
 - Group Classes & Personal Training
 - Indoor Walking Path & Pool
 - Family Activities & Childcare
 - Spa Services
 - Therapy Services
 - Demo Kitchen & Coffee Bar
 - Medical Building On-Site
- and so much more!

Location

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Contact

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*t*ransformation –

We believe that wellness is a lifelong process of learning and growing that never ends.

*h*ealth –

We believe that whole-person wellness is a balance of physical and emotional health.

*r*evitalization –

We believe that taking time to breathe and unwind is essential to superior well-being.

*i*magination –

We believe that the extent of our dreams is the only limit to our ability to **thrive**.

*V*itality –

We believe that wellness means nourishing both body and mind in order to achieve maximum strength in all aspects.

*e*xploration –

We believe the journey to wellness is different for every person and is something to be discovered.

HOW WILL YOU **thrive**?



GONZALES

HEALTHCARE SYSTEMS

Feel the Difference

Trusted, Local, Caring

Gonzales Healthcare Systems include:

Memorial Hospital

Sievers Medical Clinic

Waelder Medical Clinic

Memorial Hospital Home Health Agency

Occupational & Community Health

Shiner Therapy Center

thrive HEALTHPLEX

Feel the Difference!



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