

INTERNSHIP PROGRAM



St. Mary's Wellness Center

2470 Daniells Bridge Rd. #300

Athens, GA 30606

P: 706-389-3355

F: 706-389-2951

www.stmarysathens.org



ST. MARY'S MISSION & VALUES



Mission

We, St. Mary's Health Care System and Trinity Health, serve together in the spirit of the Gospel as a compassionate and transforming healing presence within our communities.

Vision

As a mission-driven, innovative health organization, we will become the national leader in improving the health of our communities and each person we serve. We will be the most trusted health partner for life.

Values

Reverence

We honor the sacredness and dignity of every person.

Justice

We foster right relationships to promote the common good, including sustainability of the Earth.

Commitment to Those Who Are Poor

We stand with and serve those who are poor, especially those most vulnerable.

Stewardship

We honor our heritage and hold ourselves accountable for the human, financial and natural resources entrusted to our care.

Integrity

We are faithful to who we say we are.

ST. MARY'S WELLNESS CENTER

Overview

St. Mary's Wellness Center is a medical fitness facility owned and operated by St. Mary's Healthcare System, Inc. The facility is staffed by professionals with backgrounds in Exercise Science, Kinesiology, Health Promotion, Nutrition, Personal Training and Group Exercise Classes. Our programs and services include Adult Fitness, Cardiac Rehab, Pulmonary Rehab, Post Rehab, Group Exercise, Massage Therapy and Community Health activities. Interns have the opportunity to gain valuable experience working with all of these programs and populations.

Fitness Center

Our fitness center, located at 2470 Daniells Bridge Rd. Bldg. 300, is the only medical fitness center in Athens and the surrounding areas. The fitness center is open to members 24 hours a day, 7 days a week. We offer fitness memberships for the entire community. The gym is equipped with a full range of cardiovascular and strength training equipment from StarTrac, Life Fitness, True Fitness, etc. Group Exercise classes include Pilates, Yoga, Step, HIIT, Strength Training and more. We pride ourselves on providing outstanding customer service and ensuring our clients feel safe and comfortable exercising at St. Mary's Wellness Center.

Cardiac and Pulmonary Rehab

St. Mary's Cardiac Wellness consists of Phase 3 and the Supervised Exercise Program. Phase 3: Outpatient, maintenance supervised program for post cardiac event patients or those patients who are designated as 'high risk' due to hypertension, angina, etc. Patients exercise 3 times per week at St. Mary's Wellness Center. Insurance or Medicare does not cover this program. Physician referral required.

Supervised Exercise Program (SEP): Outpatient, maintenance supervised exercise program for any 'high risk' patient. These patients have, but not limited to, problems with diabetes, hypertension, COPD, etc. SEP patients exercise along with our Phase 3 program 3 times per week at St. Mary's Wellness Center. This private paid program requires a physician referral.

Post Rehab

Post Rehab is a program designed to help individuals continue with the functional condition aspect of the rehabilitation process in a supervised exercise environment. The program offers comprehensive strengthening, flexibility, and cardiovascular conditioning for clients with various musculoskeletal, neurological, and cardiovascular disorders. Individual and group sessions are available. This private paid program requires a physician referral.

ST. MARY'S WELLNESS CENTER

Massage Therapy

Whether you've had a hard day at work or need special treatment to alleviate musculoskeletal pain, our massage therapists can meet your needs. Our certified massage therapists have experience in medical massage, relaxation and sports massage. Discounted rates are available to Wellness Center members, Outpatient rehab patients and employees of St. Mary's. An appointment is required.

Personal Training

Personal training is available for those needing additional coaching, guidance, and motivation for their fitness program. Our trainers are certified nationally and most have a Bachelors degree in the areas of kinesiology, exercise science, etc.



ST. MARY'S WELLNESS CENTER

Internship Guidelines

Goal

To promote an understanding of fitness and/or health promotion and wellness programs through observation and hands on experience with fitness, health education, health screenings, nutrition counseling, and special events.

Organization Position

Interns at St. Mary's Wellness Center are considered employees of St. Mary's Healthcare System, Inc. and will be subject to all employee regulations and standards. The intern will be under the supervision of St. Mary's Wellness Center staff. Before being accepted, the intern applicant must submit the following:

- Resume
- 1 letter of recommendation from academic faculty of their institution
- Proof of current CPR/First Aid certification
- Complete internship application/questionnaire
- Complete interview with Wellness Internship Committee
- Ensure that a Memorandum of Understanding is on file between the student's institution and St. Mary's Healthcare System, Inc.

Once selected, the student must complete all requirements of the Education Department of St. Mary's Healthcare System, Inc. This includes, but is not limited to, a criminal background check, drug screening, employee health screening and general orientation.

Minimum Qualifications

- High School Diploma
- Current CPR/First Aid Certification
- Completed all core curriculum classes and be cleared to begin internship

Requirements for Completing Internship

- Completion of specified number of hours as required by student's institution. A minimum of 10 full-time (40 hour) weeks are recommended.
- Flexibility in scheduling; may require evening and/or weekend hours.
- Acceptable performance of assigned duties.
- Satisfactory completion of at least one major project.
- Attendance of all required meetings/events.
- Adherence to the established dress code.

Deadlines for applications

- Fall Semester - June 1st
- Spring Semester - November 1st
- Summer semester - March 1st

ST. MARY'S WELLNESS CENTER



Internship Questionnaire

Student Name _____

Name of School _____

Major _____

Desired semester of Internship _____

Does your school have a current Memorandum of Understanding with St. Mary's?

YES

NO

Why are you interested in completing your internship with St. Mary's Wellness Center?

Why do you want to pursue a career in the health and wellness field?
