

"Non-profit's Hidden Gem 'Weighting' on Vine Street"

For Immediate Release

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October 4, 2004, Mt. Auburn, Ohio – Here's a new twist on the benefits of exercise. Get your daily workout and support the efforts of a local mental health program at the same time.

Just three blocks south of the University of Cincinnati in Clifton, the Mighty Vine Wellness Club is tucked behind the two-story brick building of IKRON Counseling, and may easily be missed at first. Once inside, patrons find an affordable, convenient place to exercise that helps fund the club's mental health services to Greater Cincinnati.

The exercise facility sports treadmills, exercise bicycles, elliptical trainer, REFLEX strength training machines, free weights, exercise balls and equipment for outdoor recreation. Mental health classes in yoga, tai chi, qi gong and energy therapy are offered at an additional cost.

Since 1989, Mighty Vine has made its exercise and mental health classes available to organizations such as local retirement homes, and its exercise facility open to mental health groups in the community. The club also partners with the Wellness Community's outreach to families of cancer victims.

According to Ralph Dehner, program coordinator, exercise memberships are one of the few revenue streams for the club's mental health program. "Our individual patrons allow us to offer our classes and facilities to local mental health organizations at a discounted rate," he says.

Besides T.V., V.C.R., radio and exercise tapes, Mighty Vine exercisers enjoy a holistic atmosphere with full spectrum lighting and "Feng Shui" arrangement of the interior space. Open weekdays from 8 a.m. to 5:30 p.m. (5:00 p.m. on Tuesdays and Thursdays) and Saturdays, 9 a.m. to noon, the club's monthly membership is \$15, with no contract required, and your first workout is free. Certified personal trainers can guide your workout for \$30 an hour.

Marian Bichelmeir, an exporter and resident of East Walnut Hills, has been training at Mighty Vine twice a week for the last year and a half. "I like not having to join a club with yearly dues. I like paying monthly or each time you go," she says., "It's convenient and easy at the Mighty Vine. And the people are friendly."

Dehner hopes the surrounding community will support the Mighty Vine Wellness Club by using it as an uplifting alternative for daytime workouts. "Most people are touched by mental health issues somewhere in their family or friends," he says. If you are breathing at all you are probably working on some sort of mental health issue. Improving your mental health is also one of our goals here."

For more information about the club and its offerings, call Ralph Dehner at (513) 205 – 9077 or visit the website at www.mightyvine.com.

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