



The Wesley Health & Wellness Center (WHWC), originally named the Wesley Community Center, was founded in an effort to better serve the people of San Antonio's South Side community over 100 years ago.

In 2006, Methodist Healthcare Ministries (MHM) purchased the facility and changed its name to better reflect the mission of the Center, as it provided a comprehensive scope of services that treated the whole person: body, mind and spirit. Two years later, MHM began a \$12 million expansion project to meet the immense need for medical and dental care and family wellness services for the countless people who seek help and hope at the Center each year.

While the initial expansion was completed in 2009, additional enhancements to the facility have become necessary to ensure the caliber and scope of preventive and family wellness services are not compromised.

The proposed expansion is expected to provide an additional 18,000 sq.ft. of space to the existing structure, and includes a rebuilding of a much-needed child care facility (19,000 sq.ft.) operated by the Daughters of Charity. The number of children expected to enroll once the new facility is complete is 144—a 37 percent increase from 2008.

Clinic & Behavioral Health Services. Clinic services have experienced significant growth since 2009. As such, the dental department was expanded from five to 23 chairs; and from three to 13 providers (including dentists and hygienists). Likewise, the medical team now includes three primary care physicians and one Physician Assistant. Behavioral health services are also offered at WHWC; at present there are four social workers and five master-level social workers on site to provide counseling and case management services.

Community Programs. The Community Programs at WHWC consist of Parenting and Family Wellness Programs. Since 2009, Meld Plus—a personal home visit education component within the Parenting Program—was added to the offerings at WHWC. The Family Wellness programs were also expanded to include more diverse activities for youth and seniors such as:

And, the continuation of the Camp Wesley summer program (in

- Youth Martial Arts
- Adult & Youth Sports Leagues
- Los Mariachitos de Wesley
- Gardening
- Quilting & Sewing Classes
- Jewelry Making Classes
- Fitness Classes
- Cardio Kickboxing
- After-school Programs
- Computer Classes
- Line Dancing
- Walking Groups
- Super Seniors

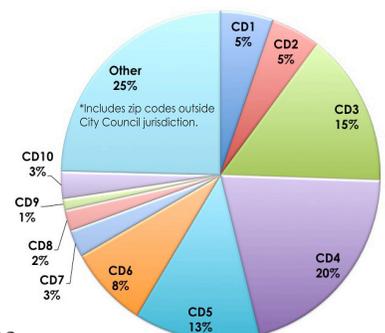
partnership with Harlandale ISD) and Robotics camp (operated in partnership with Northwest Vista College).

Health Education & Nutrition. The Health Education & Nutrition services at WHWC are a critical component of the services provided at the Center. The objective of this department is to teach *and model* health and wellness through healthy cooking, direct health education with clients, and through the provision of healthy and nutritious meals prepared at WHWC.

Health education is primarily designed for diabetic clients in one-on-one and group settings, and includes distribution of glucometer strips to help manage their disease. The kitchen prepares

healthy and nutritious meals for the children and participants of the Community Programs, and serves as an emergency food pantry and bread

line to those in need.



WESLEY HEALTH & WELLNESS CENTER
Clients Served by City Council District

WESLEY HEALTH & WELLNESS CENTER

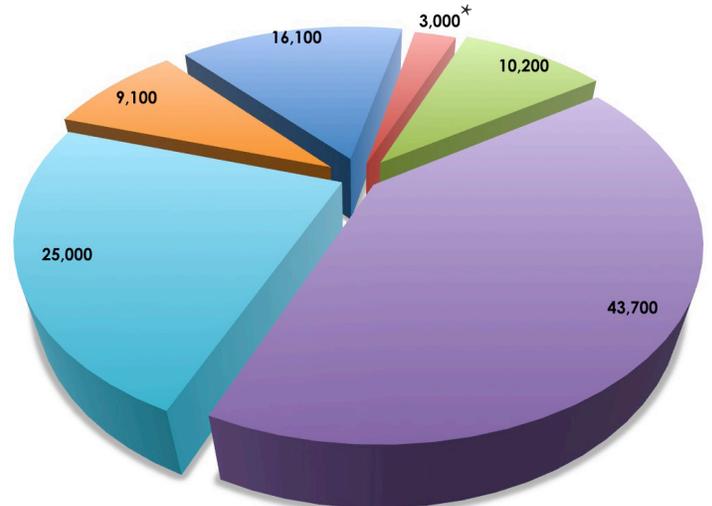
Investment & Impact in the Community

2011 SPENDING & CLIENT ENCOUNTERS BY CATEGORY

2011 Spending = \$13,855,000

2011 Client Encounters = 107,100

**Does not include meals prepared for health education and programs (81,477)*



■ Meld Plus
 ■ Health Ed/ Nutrition*
 ■ Support Services
 ■ Family Wellness
 ■ Dental
 ■ Medical

2012 PROJECTED SPENDING & CLIENT ENCOUNTERS BY CATEGORY

2012 Projected Spending = \$15,659,000

(Compared to 2008—last year before expansion)

2012 Projected Client Encounters = 117,700

(Compared to 2008—last year before expansion)

**Does not include meals prepared for health education and programs (78,660)*

