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CELEBRATING SPIRIT, BODY, AND MIND: ST JOSEPH HIGH SCHOOL OPENS NEW \$1.5 MILLION HEALTH & WELLNESS CENTER.

January 7, 2018—TRUMBULL, CT— St Joseph High School, striving to be Southern Connecticut’s premier college preparatory school, celebrated the opening of their newly-constructed Health & Wellness Center with an official ribbon-cutting ceremony on Sunday, January 7. The ceremony included remarks from Head of School, **Dr William Fitzgerald**, Principal **Dr James Keane**, Vice Principal for Athletics, **Kevin Butler**, and Director of Health & Wellness, **Alisha Thresher**.

The 4,500 square foot facility provides one floor dedicated to aerobic and cardio training, and a lower floor for strength conditioning. St Joseph High School is using the opportunity to kick off a “Fitness for Life” program for all students and staff. “Fitness for Life” cultivates lifelong fitness habits, and involves instruction in diet and nutrition, stress management, movement exercise, and provides cross-training programs for athletes in the off-season.

“St Joes is a college prep school. We know there is a lot more to succeeding at college than just a great GPA. Good health, stress reduction, personal discipline, along with good study skills and a solid faith foundation are the strengths we want our graduates taking with them to college,” said Dr Fitzgerald.

The Health & Wellness Center is a \$1.5 million project that has been fully funded through the contributions of St Joseph High School’s alumni, families, and friends.

Mrs Alisha Thresher, the new Director of Health and Wellness, oversees the facility. Mrs Thresher is a performance enhancement specialist and has worked with high school athletes as well as soldiers preparing for the Special Forces, and everyone in between.

“The Health & Wellness Center is truly for every student and teacher,” said Thresher, “as well as providing conditioning and nutritional education for the 42 athletic teams at St Joes.”

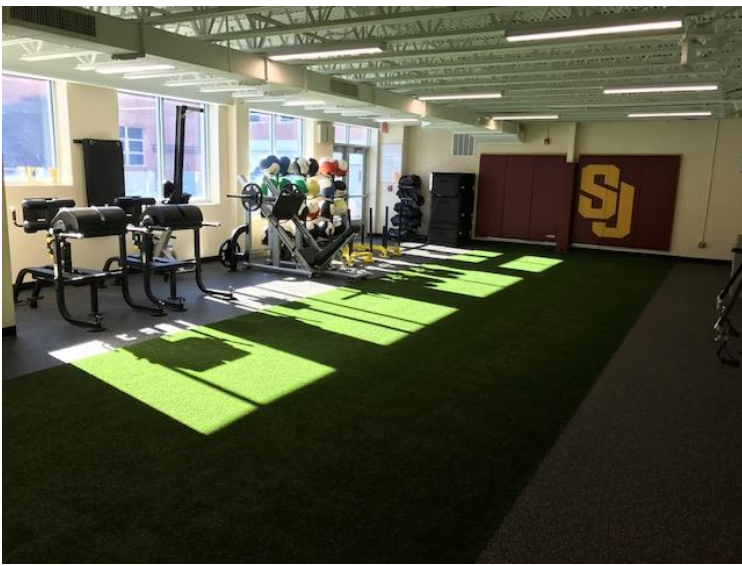
The ribbon cutting was attended by a crowd of 100 guests, who after the official opening, were welcomed inside to test the equipment and get their New Year’s resolutions off to a great start.

Select photos are below and more can be viewed on St Joe’s Smug Mug page: sjcadets.smugmug.com

About St Joseph High School

St Joseph High School (SJHS) strives to be the premier college preparatory school in Southern Connecticut. The school provides a learning environment that embraces the Gospel values of the Roman Catholic faith and promotes a commitment to family and community. SJHS prepares young women and men to realize their potential, helps them to excel in higher education, and provides a foundation to guide them throughout their lives. St Joseph High School is a member of NCEA, NAIS, NEAS&C. www.sjcadets.org

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