



"I was skeptical. I've worked with trainers. I've tried diets. My busy life was always an obstacle to my success. The Health Services Director was so friendly and flexible and willing make The Marsh work for me. He introduced me to the dietitian and an exercise specialist. They have treated me with so much dignity and respect for my schedule that it has allowed me to do the same. Now I'm taking time for me."

- Lonnie from Edina

Annual health exams identify problems. At The Marsh, we offer on-going services to help you identify opportunities to make the most of your personal health and well-being and maximize your quality of life.

Through a combination of caring conversations, health assessments, physiological testing, coaching and counseling, our health services team can provide the education, services, professional care and personal guidance to maximize your personal health and well-being.

MEDICAL FOCUS AREAS

- Pain
- Stress Management
- Women's Health
- Cardiovascular Health
- Movement Disorders, including multiple sclerosis & Parkinson's
- Autoimmune Diseases, including fibromyalgia & chronic fatigue
- Musculoskeletal/Orthopedic Issues



We'd love to have a conversation with you about your health.

Contact us today to set up an appointment.

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HEALTH ASSESSMENTS

WEIGHT LOSS PROGRAMS

REHABILITATION PROGRAMS

NUTRITION COUNSELING

PERSONAL TRAINING

WELLNESS COACHING

PROFESSIONAL STAFF



The quality of our services is reflected
in the quality of your life.

HEALTH SERVICES AT THE MARSH

TheMarsh.com