

# Ready to Join?

- 1. Join in-person or online**  
at [ssmhealth.com/RiponWellness](https://ssmhealth.com/RiponWellness).
- 2. Attend a 20-minute orientation session**  
virtually or in person.
- 3. Receive your membership card.**



**Schedule Your Appointment Today!**

*Call us at 920-745-3620 or  
email at [rmcwellnesscenter@ssmhealth.com](mailto:rmcwellnesscenter@ssmhealth.com).*

