

LHSC Fitness & Wellness Centre's



Follow these steps to obtain access to the Fitness & Wellness Centre:

- Step #1 - Scan the QR Code to register for the WellnessLiving App.
- Step #2 - Download the WellnessLiving Achieve App on your mobile device.
- Step #3 - Log into the App and watch the Access Orientation Video.
- Step #4 - Click on the tiny purple arrow under the video to display the link to complete the form so that access can be added to your LHSC ID Badge.

where wellness works