

# The Wellness Trilogy

BODY

MIND

NUTRITION



124 Scenic Route  
Olympia, WA 98502  
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Scan the QR code for further  
information on our services  
or to make an appointment.



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This is where wellness begins

## What is Trilogy?

**T**rilogy is a fitness, nutritional, and mental health center that emphasizes the importance of caring for the body both mentally and physically. Our wellness center is called Trilogy because our goal is to focus on the three important aspects of health:

- △ The body
- △ The mind
- △ The food we eat

### BODY

We offer a wide range of fitness activities which includes aerobic exercises, yoga classes, strength training circuits, and even a gorgeous running trails.



### MIND

We believe that taking care of our mental health is essential for our overall health. That is why we have professional therapist who are always there for you as you continue through your wellness



### NUTRITION

We are what we eat! Our goal at Trilogy is to guide you in the direction of being the healthiest and strongest version of you. Our highly qualified nutritionist will assist you during weekly consultations and curate personalized meal plans.



## Nature Focused



Trilogy Wellness Center is located in the Pacific Northwest in Olympia Washington with access to beautiful beaches and running trails that are surrounded by a vibrant green forest.

