

You're invited!



GRANT'S GYM GRAND OPENING CELEBRATION & FUNDRAISER

October 8, 2022

Ascent Wellness Campus
440 W. Vliet St., Milwaukee

12 - 3pm

Ascent Gym race course,
yoga class and nutrition
class demos for all
abilities.



Scan to register & donate!

5 - 8pm

Entertainment featuring
DJ Fortune, Drag
performance by Karen
Valentine & friends, silent
auction and ribbon
cutting ceremony.

Ascent Wellness Program provides trauma aware and culturally affirming health and wellness services - fitness, yoga, mindfulness, nutrition and physical therapy - in fully customized ways. More specifically, in integrated formats that support physical and psychological wellness.

Grant Heffelfinger, Ascent's Youth Manager, was a fierce advocate for creating access to wellness services for the LGBTQIA2S communities, Non-English speaking communities, youth populations and creating adaptive wellness spaces for all abilities. Grant, unfortunately, passed away suddenly in February 2022. The Grant Heffelfinger Community Gym ("Grant's Gym"), located in Ascent Wellness Program's main campus, will be dedicated in memory of Grant and his advocacy.

"Grant's Gym" is an accessible space that is truly for all abilities, all incomes, all backgrounds; all people. Whether you are just beginning your wellness journey or are somewhere in between, "Grant's Gym" is an empowering and non-intimidating space available to the whole community.