

# 8 Health and Wellness Center/Fitness Plus



*Medicine to the Highest Power*

150 S. Mount Auburn Road • Cape Girardeau, MO 63703 • 573-331-3000 • [www.sfmc.net](http://www.sfmc.net)

Patient Name: \_\_\_\_\_

Your appointment is scheduled for  
\_\_\_\_\_ am/pm

on \_\_\_\_\_

with \_\_\_\_\_

at Saint Francis Medical Center.

PLEASE GO TO



### DIRECTIONS FROM I-55

- Take exit 96.
- Go east on William Street.
- Turn left at Mount Auburn Road.
- Entrance is on the right.
- Park in Lot 8 (on the right) or continue to the Health and Wellness Center/Fitness Plus for valet assistance.

### DIRECTIONS FROM ILLINOIS

- Continue west on Highway 74.
- Turn right at Mount Auburn Road.
- Park in Lot 8 (on the right) or continue to the Health and Wellness Center/Fitness Plus for valet assistance.

