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# Louw Named Manager of Fitness Plus in Dexter

JUNE 22ND 2016 BY DEE LOFLIN

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**Dexter, Missouri** - Saint Francis Healthcare System is pleased to welcome Herman Louw to his new position as manager at Fitness Plus Dexter, the newest branch of Fitness Plus.

Under the direction of the health and fitness director, Louw will assist with hiring, training, developing and generally managing the fitness center staff.

He earned his master's degree in exercise science from Southern Illinois University Edwardsville in 2007. Before his position with Saint Francis, Louw worked as an exercise physiologist at Carbondale Memorial Hospital, specializing in early mobility.

Saint Francis Medical Center is a 284-bed facility serving more than 713,000 people throughout Missouri, Illinois, Kentucky, Tennessee and Arkansas. Guided by its mission to provide a ministry of healing and wellness inspired by its Christian philosophy and values, the Medical Center has become a progressive, innovative regional tertiary care referral center. Saint Francis' major service lines, which have received national recognition, include the Neurosciences Institute; Orthopedic Institute; Family BirthPlace, featuring the region's first Level III Neonatal Intensive Care Unit; Heart Hospital; Emergency and Level III Trauma Center with Convenient Care; Cancer Institute; and Fitness Plus.

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