

"Health is not about the weight you lose, but about the life you gain."

Aquatics/Swim Lessons

- ✓ The pool repairs are coming along! The plaster is now curing for the next 3 weeks with water in the pool. We will finish other maintenance and add chemicals with heating the week of Christmas. We are right on schedule!
- ✓ All Aquatic Group Exercise classes will resume Wednesday January 2nd. Please visit the website for the new Aquatic Group Exercise schedule beginning in January. Please note that all arthritis classes are now called Adaptive Movement classes.
- ✓ All Learn to Swim classes and Family Swim will resume Saturday January 5th. Registration for group swim lessons is open now! Please call 770-956-STAR to register today. Feel free to email michelle.wood@wellstar.org for any questions or concerns.

Click on the [blue links](#) for more information!

DIRECTOR'S UPDATES

Locker Renewals

Annual locker renewals are coming up this month. Please be sure to renew!

The carpets were cleaned and roof leaks were assessed Friday December 7th.

New water fountain was installed on the gym floor.



Safety Message

Please be sure to identify the nearest safety exit when in the building in case of emergency.

[Click here to contact our dietitian!](#)



Dietitian's Corner

Homemade Foodie Gift Ideas



- ✓ **Turmeric Cinnamon Milk Spice Mix** – give the gift of anti-inflammation with this rich fall colored spice jar. Turmeric is the king of anti-inflammation and has the potential to help with aches and pains. This jar will make a perfect gift to warm the body and the soul! [Click here for the recipe.](#)
- ✓ **Raspberry Vanilla Chia Jam** – chia seeds are packed with fiber, omega 3 fat and tons of minerals like magnesium and calcium. This bright red jam is festive and healthy! [Click here for the recipe.](#)
- ✓ **To make a nutrition appointment** with our dietitian Kayla, ask your doctor to send a referral to Wellbeing 365 Nutrition (if in the WellStar system) or have them fax it to 770-793-7922. See the difference healthy eating can make for you!



Land Group Fitness

New Year, New You Program (January 14th 2019- March 15th 2019)

- Starting from December 10th 2018 to January 4th 2019 ONLY. New members eligible.
- One month free on their membership.
- Program includes wellness coaching, nutrition education, and exercise training.



Member Incentive (personal training discount):

- Any current member who refers a family member or friend and the family member or friend joins Health Place will be eligible to take advantage of our discounted PT package
 - Six 1-hour sessions for \$199 or six 30-minute sessions for \$125).
 - No limit to this incentive

What's in the recipe box?



[Click here to find out](#)



Nausheen Quraishy

Meet our awesome group fitness instructor Nausheen! She teaches Group Power, Total Body Workout and Cardio Fusion. She has worked at Health Place since January. She is certified in Group Power, Group Fight and is on her way to being certified in Group Centergy. She is also an AAFA certified Group Fitness instructor.

Nausheen states, "I love working at Health Place, it's more of a family to me. Everyone is so supportive and kind to each other. Helping members live healthier happier lives together as a group. What better place to be!" Nausheen jests about a fun fact about herself. She states, "I may be the only Kenyan who doesn't like to run haha!"

A member who nominated Nausheen states, "Nausheen is friendly and likable and has excellent interaction with the people who attend her classes... Nausheen brings 100% to each class she instructs. In her line of work, I find that remarkable."

Make sure to say hi to Nausheen and try out one of her many group fitness classes!



Massage



The massage **Holiday Special** will run December 10th – December 23rd! Gift bags available.



See the front desk for more details!

Front Desk

Need Help?

Holiday Special

Give the gift of health! A one month membership can be purchased for \$35 from November 19th- December 21st. *Limited to new members and guests*

New Year No Enrollment Special

New members will have their enrollment fee waived for the month of January! From January 1st-31st new members will save a minimum of \$119. Tell your friends and family about this great offer!



Holiday Hours of Operation

Christmas Eve Day

Monday December 24th – CLOSED

Christmas Day

Tuesday December 25th –CLOSED

Day after Christmas

Wednesday December 26th – 4:45 AM – 10:00PM

New Year's Eve

Monday December 31st - 8:00-2:00PM

New Year's Day

Tuesday January 1st – CLOSED