

"Tomorrow is the first blank page of a 365 page book. Write a good one." - Brad Paisley



Aquatics/Swim Lessons

- ✓ **The pool is open!** All aquatic group exercise classes will resume January 2nd. Come try our new Aqua Motion class on Wednesdays and Fridays at 11:30.
- ✓ **All Learn-to-Swim classes resume January 6th.** Registration is open now for the winter session! Send your registration forms to michelle.wood@wellstar.org and secure your spot before classes fill up. Can't wait to see you back in the pool!

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

DIRECTOR'S UPDATES

- **No enrollment** for the month of January! Make sure you tell all your friends and family
- **The pool is open!** Classes will be back January 2nd
- Make sure to check out our **new massage enhancements** to add on to your massage!
- **Lockers:** Moving forward, all locker rentals will be rented on an annual basis



Click here to ask about scheduling a nutrition appointment!

Dietitian's Corner

Time to Start Fresh!



- ✓ To make a nutrition appointment with our dietitian Kayla, simply 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 addressed to Kayla Perry. Start out your new year right!

- Be on the lookout for a new nutrition program called "Take Out the Take Out" this 3-month **program will include:** Nutritional Classes by Kayla our Registered Dietitian, Cooking Demos, Exercise Specialist Health Coach

Informational Sessions will be announced!



Land Group Fitness

- **New Year's PT combo** - 3 one hour session training package (\$100 value) plus a one-time evaluation (\$35.00 value) for \$130.00. Limit one package per member.
- **Diabetes Education** small group training class **FOR FREE** to anyone who has Type 1 or Type 2 diabetes. Monday and Thursday at 10:45a – 11:45a in the Body Rox room upstairs.

Lisa's six week (12 session)

Winter Boot Camp 2018: January 15th – February 19th.
Class meets: Mondays and Wednesdays at 6:00p. **Price:** \$160.00 (\$200.00 for non-members), Registration begins January 2nd.

What's in the recipe box?



Click [here](#) to find out!



Janette Toro

Meet Janette our fearless leader of housekeeping! Janette has been working at Health Place for about 3 years now. Janette says "I love working here because I enjoy meeting new people, the members are very nice and I love what I do. Cleaning relaxes me and it makes everyone feel more comfortable."

When Janette isn't at work she loves to hang out with her 9 and 2 year old grandchildren. They even play dress up!

Janette states that she loves to cook traditional Spanish food for them; one of her favorites is rice and beans. Janette also likes to decorate her house like setting her table up fancy for holidays or living up the walls with paint or décor.

Janette also states that spirituality is a big part of her life and her faith is very important to her. If you see Janette make sure to say hi!



- ✓ Try our **new enhancement options** to add to your massage experience with your next appointment.
- ✓ You can add a foot sugar scrub, hot stone to the shoulders, or an aromatherapy oil to make your massage even better!
- ✓ These enhancements are incorporated into your scheduled massage time for a small fee.
- ✓ It's time to treat yourself by using your gift certificate purchased over the holidays!

Call the front desk to book your appointment today!



Front Desk



No Enrollment Special

Starting in **January** there will be **a no enrollment fee special!** Tell your neighbors and friends so they can join in on the journey to better health!



Update email/payment info

Please make sure we have all the correct information for you in the new year! There are communications (including this newsletter) that are sent out by email. Also please make sure your payment information is correct. Thank you!



NEW Technogym Evaluation

All Health Place members and WellStar employees can get a baseline fitness profile.

This will include strength, aerobic, mobility/flexibility, and body fat testing. We are offering \$5.00 off the current evaluation pricing of \$35.00 if you bring the flyer with you at the time of purchase! The scheduling of evaluations will be done downstairs on the exercise floor by the exercise staff.

