

"Let nothing hold you back from creating the life you've always wanted".

Aquatics/Swim Lessons

- ✓ **Pool closing and repairs/ maintenance:** November 12 – December 28. Please ask the front desk or visit the website under the Aquatics heading for more information. We apologize for the inconvenience. We look forward to providing the best pool facilities for our members. **Registration for winter Learn to Swim classes is open now!** The new Aquatic Group Exercise Schedule for January will be posted next month! **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 in December. Please be sure to renew!

Safety Messages

Please do not remove handicap chairs from bathrooms. Handicapped members are not able to move these back.

Parking is prohibited in front of Health Place entrance and near the loading dock. Buses and emergency vehicles need access to this area at all times.

Please be courteous in the parking deck and not park too closely to others.



[Click here to ask about scheduling a nutrition appointment!](#)



Dietitian's Corner

Healthy Holiday Tips!

- ✓ For recipes, utilize plain Greek yogurt! This incredibly versatile ingredient works wonders in decreasing the fat and increasing the protein in some of your favorite dishes. Try adding it wherever you may find mayonnaise or sour cream.
- ✓ For parties, make healthy appetizers to decrease overeating later on. Try things like raw veggies with your favorite hummus or bean dip, fruit with chocolate/peanut butter yogurt dip, or even bean chips with salsa!
- ✓ **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

Maintain, Don't Gain Holiday Challenge starts November 26th – January 11th.

Registration is from November 26th to November 30th.

Black Friday PT Special: November 19th – 23rd. The package will be the following:

Six 1 hour sessions for \$199.00
or six 30 minute sessions for \$125.00 (limit one package per member).

What's in the recipe box?



Click [here](#) to find out





Meet the Staff

Aislyn Carter

Meet Aislyn! She is one of our wonderful Childcare Associates. She has worked for Health Place for about three years now. Aislyn states “my favorite thing about working at Health Place is the babies. Being a college student can be very stressful and its such a relief to play with the kids. In addition, I always feel supported by my fellow co-workers. It is such a tight knit, like a family, community here at Health Place.”

Aislyn says that she has always had a natural instinct with kids and has always loved to babysit them So, this job has been perfect for her. Aislyn has an interest to go into Criminal Justice or Marketing. As she proceeds with her college career, she states that she loves to travel and as always wanted to go to Iceland and Alaska. Make sure you say Hi to Aislyn in the Nursery if you see her!



Massage



Black Friday Special!

\$50 for a 1-hour massage (any modality)
Limit 6 per customer

See the front desk for more details!

Need Help?

Front Desk



Front Desk 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



Thanksgiving Week Hours of Operation

- **Wednesday, November 21st**

Hours of Operation: 4:45a – 6:00p

We will have a normal class schedule until 4:00p. After 4:00p, there will be NO land group fitness classes for the remainder of the day.

- **Thursday, November 22nd - Thanksgiving**

HEALTH PLACE IS CLOSED

- **Friday, November 23rd**

Hours of Operation: 8:00a – 6:00p

We will have an amended land group fitness class schedule on this day. See below for the class schedule:

8:30a – 9:15a Spin: Brenda

9:30a – 10:30a Muscle Madness: Jennifer

10:30a – 11:30a Yoga: Gwen