

*"Eating well is a form of self-respect".*



## Aquatics/Swim Lessons

- **We have a new aquatic group exercise instructor!** Her name is Kate Fernandez. She is looking forward to meeting you!
- **Registration is now open for Learn to Swim Winter** group classes that begin in January. Makes a great holiday gift!
- **We are planning now for some maintenance projects** with the pool. Information coming soon! Feel free to email [michelle.wood@wellstar.org](mailto:michelle.wood@wellstar.org) for any questions or concerns.

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



## Dietitian's Corner



### Experience the health of Fall flavors!

- ✓ Pumpkin, butternut squash and sweet potatoes are great sources of healthy carbohydrates and are packed with Vitamin A which is good for your skin and eyes
- ✓ Cinnamon has been found to be helpful in lowering blood pressure and really helps to bring a "sweet" flavor to food without adding a ton of extra sugar
- ✓ One apple contains about 5 g of fiber and make great snacks with peanut butter or dipped in a greek yogurt
- ✓ **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!

What's in the recipe box?



## Land Group Fitness

### MOSSA Group launch

**Saturday October 20<sup>th</sup>!** We

have launches quarterly and launch new songs and exercises. We want you to experience the excitement of these motivating classes!

#### Class Schedule:

- Group Ride- 9:00 AM (no other spin classes that morning )
- Group Centergy - 9:00 AM with Lisa
- Group Power - 10:15 AM with Brenda, David and Mary
- Yin/Yang Fusion Flow- 10:30 AM with Vicki

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

### **DIRECTOR'S UPDATES**

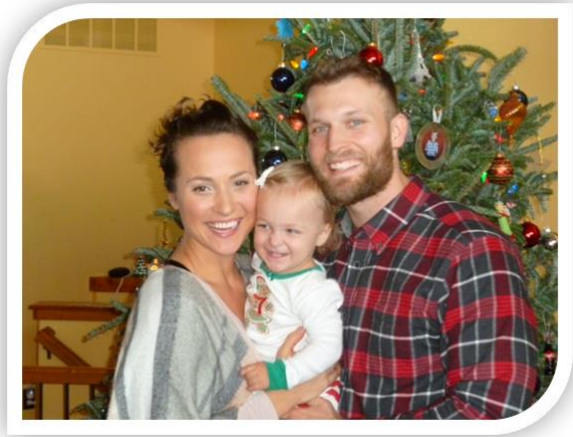
- **Locker Renewals**  
Lockers will be up for renewal before January 1<sup>st</sup>.



- **New additions to Ladies Locker Room**

New handicapped bars were installed in the Ladies Handicapped shower stall. Two new swimsuit spinners were also installed.





## Jeremiah Aiken

### Meet the Staff

Meet our particularly tall Exercise Specialist/Personal Trainer Jeremiah Aiken! Jeremiah has worked at Health Place since October of 2013. He got his Bachelors of Science in Health & Exercise Science with a focus in Health Promotion at Colorado State University. He is a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association (NSCA).

Jeremiah says that he loves to work at Health Place because he loves the relationships that he has built here and the genuine care that people show each other. An interesting fact about Jeremiah is that he grew up in a military family (Air Force) moving all around the country and world. Two of his favorite stops were Hawaii (O'ahu) and Zambia.

From the Health Place member that nominated him: "Jeremiah has been patient, understanding, very encouraging, flexible with workouts, and arrived there with a smile each and every time! The progress that I've made since the beginning truly is amazing, thanks to Jeremiah. I am blessed to have met him."

Make sure you take a minute to say hi to Jeremiah or meet him in a personal training session!

# Massage



**We have a new massage therapist!**  
Come meet Sherry Duncan. She is available for appointments now.

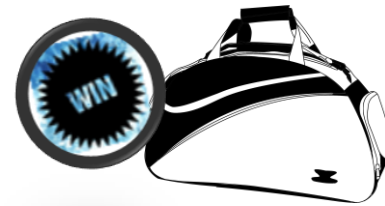
*See the front desk for more details!*



## Front Desk

### Win a Health Place Duffle Bag!

The existing member that refers 3 or more new members will have the opportunity to win a Wellstar Health Place duffle bag! So tell you friends!



### Parking Safety

Please be on the lookout for new wayfinding signs that will be placed for Cardiac Rehab and in the parking lot. They will be labeling vendor and permit only parking.

