



JumpStart with Life Coach Stacey Vicari

Monday, March 30, 7 – 8:15 pm

Join us as we welcome back Life Coach, Stacey Vicari. Some of you may remember that Stacey moved to Austin, TX last spring. For over ten years, she delivered her popular Power Hour, here at the Wellness Center.

She will be back in town and presenting it this month, under its new name, JumpStart. If you haven't been, please join us. And if you've attended in the past, come back and bring a friend or two for an uplifting experience.

The JumpStart offers you an opportunity to pause and take inventory of your life. You'll be guided through exercises that will help you focus on what you want most from life, identify your obstacles and evaluate your overall life balance. The evening keeps an upbeat pace. The goal is to leave you feeling motivated and inspired to make immediate, positive changes in your life.

Free! For more details or to register, visit www.myideallife.com.



ideal life
plan it. live it. love it.

It's time for MILESTONE MADNESS!

Join the fun and participate in our free online tournament bracket. Sign ups begin at the Service Desk March 9th. All brackets must be filled out before the start of the 1st game on March 19th!



You can practice your skills & luck at our "Hoops in the Lobby" competition on March 11th! Take a chance & win!

To learn more: email Melanie, mhubbs@baptistmilestone.com.

BodyShape Series

Reduce Emotional Eating

Friday, March 20, 6 – 7 pm
or Saturday, March 21, 10 – 11 am
\$30 members/\$35 non-members

Learn how to control emotional eating.

How to Keep the Weight Off

Friday, March 27, 6 – 7 pm
or Saturday, March 28, 10 – 11 am
Free!

Tired of gaining the weight back? Learn what to do to prevent excess body fat from returning!

Join Jamal Thruston, Weight Management Specialist and Personal Trainer. Pre-register today at the Service Desk. To learn more, see program flyer or call Jamal, (270) 315-6929.

Cyclathon to Support Multiple Sclerosis

Monday, March 9, 7 am – 7 pm
Lobby

Triathlete and Cycling Instructor, Dean Brooks will cycle to raise money for the Kentucky Multiple Sclerosis Society. Go Dean!

Learn to Exercise

A Mind and Body Experience
Free Orientation
Monday, March 16, 6:30 – 7:45 pm
6-Week Program begins
Monday, March 23, 6:30 – 7:45 pm
\$59 members / \$99 non-members

If you are a beginner, this program is for you! To learn more, call Glenda Wagner, Educator, Certified Active Living Everyday, The Cooper Institute, 753-7552.

Oasis Spa 10% Off Sale

Stock up on your favorite Dr. Babor products throughout the month of March! Hurry while supplies last!

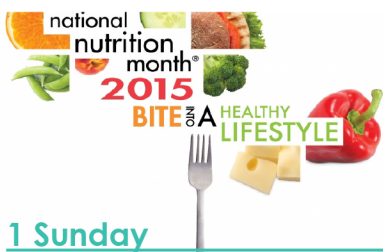
Pearls and Pumps

Saturday, March 7, 11 am – 2 pm
The Olmsted – Tickets \$65

Join us for our fourth annual event benefitting women's cancer care at Baptist Health Louisville and LaGrange. WHAS's Rachel Platt and Kristin Walls will be emceeding the high-energy fashion show.

To learn more, call (502) 896-7475 or visit PearlsandPumps.org. Can't attend? Visit the website to take a chance on some great prizes or make a donation.

Learn more about our programs at our Information Center in the Lobby or visit baptistmilestone.com



Health and Wellness Calendar



March 2015

1 Sunday

Social Dance Class, 5 – 6 pm
4-Week Sessions
Sundays, Class Room A
\$60 per couple/\$75 non-members
Join Jane Blum, Professional Dancer and Teacher and learn the East Coast Swing. New dances are offered each month. Sign up today at the Service Desk. More info: call Sue, x114.

2 Monday

HMR® Orientation, 5:15 – 6:15 pm
Weight Loss Program
Find out about our very successful Healthy Solutions program at this free informational session. Call Lynn to pre-register, x124.

6 Friday

Family Swim Night, 6 – 8 pm
\$5 for non-members and children. Splash into our fabulous warm pools! Bring kids, family and friends (parents stay in the pool area with children under 15). More info: call Mary Duke, x132.

7 Saturday

Pearls and Pumps, 11 am – 2 pm
The Olmsted hosts the fourth annual fashion expo for cancer. See side one.

9 Monday

Cyclathon to Support Multiple Sclerosis, 7 am – 7 pm
See side one.

HMR® Orientation, Noon – 1 pm
See March 2

11 Wednesday

Hoops in the Lobby
Join the fun & win!
See side one.



13 Friday

The Lunch Group, 11 – Noon
Enjoy our soup and sandwich menu with friends. More info: x117.

13 Friday

Zumba, 7 – 8 pm
Free for members/\$15 guest
Join the Latin dance fun! Classes on 2nd & 4th Fridays each month.

16 Monday

HMR® Orientation, 5:15 – 6:15 pm
See March 2.

Learn to Exercise, 6:30 – 7:30 pm
Program Orientation
See side one.

17 Tuesday

Happy St. Patrick's Day!
Wear green for good luck!



20 Friday

BodyShape Series, 6 – 7 pm
Reduce Emotional Eating Seminar
\$30 members/\$35 non-members
See side one.

20 Friday

Family Swim Night, 6 – 8 pm
\$5 for non-members & children
See March 6.

21 Saturday

BodyShape Series, 10 – 11 am
Reduce Emotional Eating Seminar
\$30 members/\$35 non-members
See side one.

23 Monday

HMR® Orientation, Noon – 1 pm
See March 2.

Learn to Exercise Begins, 6:30 pm
6-Week Program
\$59 members / \$99 non-members
See side one.

27 Friday

BodyShape Series, 6 – 7 pm
How to Keep the Weight Off
Free Seminar. Bring your friends!
See side one.

Zumba, 7 – 8 pm
Free for members/\$15 guest
See March 13.

28 Saturday

BodyShape Series, 10 – 11 am
How to Keep the Weight Off
Free Seminar. Bring your friends!
See side one.

Liquid Lifestyles, 9 am – 7 pm
Swim Clinic
Be a smart swimmer. Improve speed, confidence and efficiency. Register today at (440) 935-1097 or Liquidlifestyles.com. More info: Mary Duke, x132.

29 Sunday

Liquid Lifestyles, 9 am – 6:30 pm
Swim Clinic
See March 28.



30 Monday

HMR® Orientation, 5:15 – 6:15 pm
See March 2.

JumpStart Workshop, 7 – 8 pm
with Life Coach, Stacey Vicari
See side one.



Unless otherwise noted in the newsletter, all sessions are free. Most meetings are held in the first-floor Conference Rooms. Please bring your friends, we welcome everyone!

Let's stay connected! Please be sure to update your email address at the Service Desk so that we can keep you informed of the latest events, special programs and new classes.

