



Spring into Fitness

New Massage Therapist

We are excited to welcome Danny Acosta to our Oasis Spa. Danny specialized in physical therapy with seniors before leaving Cuba and has now joined our professional team of massage therapists. He will be accepting appointments in the afternoons, evenings and Saturdays. Call the Oasis Spa today to schedule an appointment, x 121.

Ask the Health Educator

HMR Weight Loss Program
Wednesday, April 25, 11 AM – 1 PM
Lobby

Need to lose weight? Discover our award-winning weight loss program that's trusted by physicians across the country. Stop by today to talk with a Health Educator and try some delicious HMR food samples. See our April calendar for upcoming Information Sessions. More info: x 124.

Derby Trunk Show

Monday, April 16, 8 AM – 7 PM
Tuesday, April 17, 8 AM – 7 PM
Lobby

Are you ready for Derby? We've got you covered! Shop accessories from Summer Eliason Jewelry and Glass Beads by Fran Ferrell or if you are searching for the perfect hat or fascinator, you'll find it at Maureen's Creation. Your Derby guests will think you are the perfect party host when they see your new amazing pottery and ceramics from Jason Burnett with Mr. Benny's Pot Shop and SXPF.

Oasis Spa Special

\$20 off Reversive Facial
Turn back time. Utilizing the revolutionary time-reverse technology, this innovative luxury treatment retains and extends skin cell lifespan, reactivates the skin's own anti-aging mechanisms and reclaims lost radiance as it visibly smooths fine lines and wrinkles. Schedule an appointment today, x 121. Offer ends 4.30.18.

Happy Easter!

Sunday, April 1

Milestone will be CLOSED. We hope you have a wonderful holiday.

Ask the Trainer

Wednesday, April 11, 8 AM – 11:30 AM
Lobby

Spring is the season to kick-start your fitness program! Let our professional trainers help! Complimentary body composition testing today.

Social Dance Classes

4-Week Sessions / Sundays
Begins Sunday, April 8, 5 – 6 PM
Class Room A

\$60 per couple / \$75 Non-members
Dance your way into spring with Jane Blum, Professional Dancer and Teacher and learn the Rumba. Sign-up today at the Service Desk. More info: Jane, 296-0047.

Celebrating Prom Season

Our staff is sharing their favorite prom photos in the Lobby. Can you guess who's who?

1 Sunday

Happy Easter!

Milestone will be CLOSED today.

5 Thursday

HMR® Information Session

Bring a friend, 5:15 – 6:15 PM
If weight loss is your goal this spring, be sure to attend this session and learn more about our very successful HMR Program. We have received **17 GOLD STANDARD AWARDS** for outstanding weight loss treatment and success. Call today to register, x124.

6 Friday

Family Swim Night

Enjoy our indoor pools, 6 – 8 PM
More info: x110 or visit our website.

7 Saturday

National Alliance on Mental Illness

Support Group, 11 AM – 12:30 PM
Conference Room
For friends and family impacted by someone's mental illness.
Everyone welcome. More info: 588-2008.

HMR® Information Session

Bring a friend, 11:30 AM – 12:30 PM
See April 5 for details.

8 Sunday

Social Dance Classes

Sundays / Sessions begin, 5 – 6 PM
\$60 per couple / \$75 Non-member
See side one for details.

11 Wednesday

Ask the Trainer

Stop by the Lobby, 8 – 11:30 AM
See side one for details.

12 Thursday

HMR® Information Session

Bring a friend, 5:15 – 6:15 PM
See April 5 for details.

14 Saturday

HMR® Information Session

Bring a friend, 11:30 AM – 12:30 PM
See April 5 for details.

Meditation Class

Join Rory Foster, 12:15 – 1:15 PM
Complimentary Class for Members
Class Room C

Begin your spring with a sense of relaxation and peace. Open to members who have previously attended a 6-week meditation workshop with Rory or anyone who knows how to meditate. See flyer for details. More info: Sue, x114.

16 Monday

Derby Trunk Show

Shop in the Lobby, 8 AM – 7 PM
See side one for details.

17 Tuesday

Derby Trunk Show

Shop in the Lobby, 8 AM – 7 PM
See side one for details.

19 Thursday

HMR® Information Session

Bring a friend, 5:15 – 6:15 PM
See April 5 for details.

20 Friday

Family Swim Night

Enjoy our indoor pools, 6 – 8 PM
See April 5 for details.

21 Saturday

HMR® Information Session

Bring a friend, 11:30 AM – 12:30 PM
See April 5 for details.

25 Wednesday

Ask the HMR Health Educator

Stop by the Lobby, 11 AM – 1:00 PM
See side one for details.

26 Thursday

HMR® Information Session

Bring a friend, 5:15 – 6:15 PM
See April 5 for details.

28 Saturday

HMR® Information Session

Bring a friend, 11:30 AM – 12:30 PM
See April 5 for details.

Mini-Marathon Day

Good Luck everyone!
Bring your race bib in to our Café to receive a free shake today!

April 2018

For additional information on classes, events and much more, visit www.baptistmilestone.com
502.896.3900