



HEALTH & WELLNESS

HEART HEALTH AWARENESS MONTH | FEBRUARY 2020



One extra day to share the love this month. Give the gift of health & bring the ones you love to Milestone.

Free Heart Screenings

Courtesy of Baptist Health Louisville Lobby

Keep your heart healthy by having your blood pressure and heart rhythm checked. See flyer for dates and times.

Better than Candy

*Gift Cards for your Valentine
Friday, February 14*

Who wouldn't adore a day of pampering at the Oasis Spa, gift membership, free child care, personal training, or more? Treat your sweetie with a beautifully packaged gift card, for sale at the Oasis Spa or Service Desk. Call the Oasis Spa to pre-order today, x121.

Babor Skincare Offer

Oasis Spa Special

Enjoy 10% off any Babor skincare product when you get a facial, micro-dermabrasion or peel. Purchase 2 or more products and receive 15% off. Products must be purchased at time of service. Offer ends 2.29.20. More info: Call the Oasis Spa, x121.

YogaFit®

*Teacher Training Course
Friday, February 21, 8AM - 6PM
Saturday, February 22 and
Sunday, February 23
Conference Room*

This training course is available for anyone who wants to learn how to teach yoga or deepen their practice. Register today, www.yogafit.com.

Swim Lessons

*6-Week Sessions
Sunday, February 2 - Sunday, March 8
Polliwog, Jellyfish and Goldfish
\$75 Members / \$85 Non-members*

This infant/toddler parent program teaches parents how to work safely with their children in and around water. See flyer for details. Sign up today at the Service Desk.

Don't Sit, Get Fit!

*6-Week Program / February 24 - April 2
Monday - Thursday / 2 Sessions Weekly
6:30AM - 7:30AM, 1PM - 2PM or
7PM - 8PM
\$240 Members / \$360 Non-members*

If you want faster results, try small group personal training. See program flyer for details. Sign up today, call Eugene Dean, 424.0441, Christina Arnold, 299.4093 or Kelsey Smith, 558.3824.

Ask the Trainer

*Wednesday, February 5
8AM - 11:30AM
Lobby*

Regular exercise is important for heart health. Stop by today for tips on how to start an exercise program and the best exercises to keep your heart healthy. Free body composition today.

Purse Donations

*Proceeds benefit March of Dimes
February 1 - February 29
Lobby*

Milestone will be collecting new or gently used purses to help fund research and healthcare for moms and babies. See flyer for details.

Eating for a Healthy Heart

*Free Seminar
Wednesday, February 19
11:30AM - 12:30PM
Conference Room / Bring a friend*

Are you eating enough heart-healthy foods? Join Judy Franklin, M.S., Certified Natural Holistic Chef for heart healthy facts, food and recipes to help manage blood pressure, cholesterol and cardiovascular disease. See flyer for details. Seating is limited so sign up today at the Service Desk.

1 Saturday **NATIONAL ALLIANCE ON** **MENTAL ILLNESS**

Support Group, 11AM - 12:30PM
Conference Room

For friends and family impacted by someone's mental illness. Everyone welcome. More info: 588.2008.

HMR® INFORMATION SESSION

Award-Winning
Weight Management Program
Free / Conference Room
Open to Members and Non-members

Try the weight-loss program that's trusted by physicians across the country. With HMR foods, lifestyle education, coaching and medical support – you'll get results quickly and never go hungry! You'll love our simple, effective programs! Learn more by attending an upcoming Informational session. Call x124.

1 Saturday, 10:30AM - 11:30AM
6 Thursday, 5:15PM - 6:15PM
8 Saturday, 10:30AM - 11:30AM
13 Thursday, 5:15PM - 6:15PM
15 Saturday, 10:30AM - 11:30AM
20 Thursday, 5:15PM - 6:15PM
22 Saturday, 10:30AM - 11:30AM
27 Thursday, 5:15PM - 6:15PM
29 Saturday, 10:30AM - 11:30AM

2 Sunday

6-Week Sessions
Classes begin today, 4PM
Polliwog, Jellyfish and Goldfish
\$75 Members / \$85 Non-members

This infant/toddler parent program teaches parents how to work safely with their children in and around the water. See flyer for details and class times. Sign up today at the Service Desk or call x110.

5 Wednesday **ASK THE TRAINER**

Lobby, 8AM - 11:30AM
See side one for details.

7 Friday **FAMILY SWIM NIGHT**

Enjoy our indoor pools, 6PM – 8PM
Free for Members in Kids Club
\$5 Children (under 15 years)/\$10 Adults
More info: Call x110 or visit our website.

14 Friday **HAPPY VALENTINE'S DAY!**

See side one for gift ideas.

16 Sunday **HIGH PERFORMANCE CYCLING**

4-Week Program
Begins today, 12:30PM - 2PM
\$75 Members / \$115 Non-members
Cycling Room E
Join Dean Brooks, Certified Cycling Instructor and turn your training up a notch with this high-intensity program for accelerated strength, speed and power. See flyer for details. Enrollment is limited so sign up today at the Service Desk.

19 Wednesday **EATING FOR A HEALTHY HEART**

Free Seminar, 11:30AM - 12:30PM
Conference Room
See side one for details.

21 Friday **YOGAFIT® CERTIFICATION**

Course Session, 8AM - 6PM
Conference Room

See side one for details.

FAMILY SWIM NIGHT

Enjoy our indoor pools, 6PM – 8PM
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\$5 Children (under 15 years)/\$10 Adults
More info: Call x110 or visit our website.

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Course Session, 8AM - 6PM
Conference Room

See side one for details.

23 Sunday **YOGAFIT® CERTIFICATION**

Course Session, 8AM - 6PM
Conference Room

See side one for details.

24 Monday **DON'T SIT, GET FIT!**

6-Week Program
Begins today, 6:30AM, 1PM or 7PM
\$240 Members / \$360 Non-members
See side one for details.

Are you following us on
Facebook and Instagram?



Stay up to date with trainer tips, fitness and health advice, events, free giveaways and much more! If you are a member, be sure to join our exclusive "Members of Milestone" Facebook page.

Are you following the Milestone Fitness, Nutrition and Health Blog? Improve your well being with fitness tips, recipes, workouts, industry information, weight loss advice and more at Milestone! Visit www.baptistmilestone.com/blog.

2020 **FEBRUARY**

