



BREAST CANCER AWARENESS

DID YOU KNOW...

1 in 8 women will be diagnosed with breast cancer in their lifetime

Breast Cancer Awareness

October 1 through October 31

If someone you know has experienced breast cancer, please share their name on our PINK board in the Lobby as a tribute to survivors and lost loved ones. We also are encouraging everyone to show their support by wearing PINK every Friday in October or try one of our delicious PINK smoothie specials in our Cafe. A portion of the proceeds will be donated to the Baptist Health Cancer Care Fund.

Oasis Spa Special Offer

Refresh your skin after a long hot summer. Purchase any sheet mask package (calming, balancing, Hydrogel, or customizable silver foil) and get one oxygen foam cleansing mask FREE. Offer ends 10.31.19. Stop by the Oasis Spa today or call x121.

Thank You!

On behalf of Milestone, we thank all of our animal lovers who generously donated items to help the Animal Care Society, Humane Society and Raptor Rehab. We delivered over **7 car loads** of food, toys, beds, cleaning supplies and much more!

Ask the Trainer

Wednesday, October 2
8AM - 11:30AM

Free body composition testing! Stop by for tips on cancer awareness and staying healthy.

Flu Shots at Milestone

Monday, October 7 | 8AM - 12PM
Conference Room

Stay ahead of this flu season. A Walgreens Pharmacist will be on-site to give flu shots today. Flu shots are covered 100% by most insurance companies. No appointment needed! See flyer for details.

8th Annual Chili Cook-Off

Wednesday, October 23
11AM - 12:30PM
\$5 Donation for Chili Sampling | Lobby

Help us raise money to support Team Josh and the Cystic Fibrosis Foundation. See flyer for details.

HAPPY HALLOWEEN!

Costume Contest

Thursday, October 31 | 12PM - 12:30PM
Lobby

Members and staff are invited to dress up in your favorite Halloween costume for a chance to win prizes!

Don't Sit, Get Fit!

6-Week Program
October 28 - December 19
2 Sessions Weekly | Monday - Thursday
6:45AM - 7:30AM, 1PM - 2PM or
7PM - 8PM
\$240 Members | \$360 Non-members

Do you want faster results? Enjoy the benefits of one-on-one personal training in a private small group setting. Maximize your weight-loss and gain motivation. Call one of our Personal Trainers to sign up: Eugene Dean, 424.0441, Christina Arnold, 299.4093 or Kelsey Smith, 558.3824.

Diabetes Education and Prevention Seminar

Monday, October 14 | 11AM - 12PM
or Saturday, October 26 | 9AM - 10AM
Free | Conference Room

Join Personal Trainer Andrew Crowe to learn more about diabetes, common symptoms, causes, treatment, prevention and more. More info: 551.2674. Sign up today at the Service Desk. See flyer for details.

1 Tuesday

OASIS SPA SPECIAL BEGINS

Stop by the Spa today!
See side one for details.

2 Wednesday ASK THE TRAINER

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

BOOK CLUB

Group Meeting, 7PM - 8:30PM
Upstairs Lobby

This month we will be discussing 'The Hunchback of Notre Dame'. More info:
email Ellen: ekvenhoff@gmail.com.

4 Friday

FAMILY SWIM NIGHT

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

DID YOU KNOW...

Men can get breast cancer too? About **2,670** are expected to be diagnosed in 2019.



5 Thursday

HMR INFORMATION SESSION

Free | Conference Room

Milestone's Healthy Solutions program is successful because besides losing weight, you'll learn weight-maintenance techniques to help you keep the pounds off! Learn more by attending an Informational session. Open to members and non-members. More info: Call x124.

3 Thursday, 5:15PM - 6:15PM

5 Saturday, 10:30AM - 11:30AM

10 Thursday, 5:15PM - 6:15PM

12 Saturday, 10:30AM - 11:30AM

17 Thursday, 5:15PM - 6:15PM

19 Saturday, 10:30AM - 11:30AM

24 Thursday, 5:15PM - 6:15PM

26 Saturday, 10:30AM - 11:30AM

31 Thursday, 5:15PM - 6:15PM

7 Monday

FLU SHOTS

Everyone welcome, 8AM - 12:PM
Conference Room
See side one for details.

14 Monday

DIABETES EDUCATION AND PREVENTION SEMINAR

Everyone welcome, 11AM - 12PM
Free | Conference Room
See side one for details.

18 Friday

FAMILY SWIM NIGHT

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

23 Wednesday

8TH ANNUAL CHILI COOK-OFF

11AM - 12:30PM

\$5 Donation for Chili Sampling
Lobby

See side one for details.

26 Saturday

DIABETES EDUCATION AND PREVENTION SEMINAR

Everyone welcome, 9AM - 10PM

Free | Conference Room

See side one for details.

28 Monday

DON'T SIT, GET FIT!

6-Week Program Starts Today

2 Sessions Weekly | Monday - Thursday

6:45AM - 7:30AM, 1PM - 2PM or

7PM - 8PM

\$240 Members | \$360 Non-members

See side one for details.

31 Thursday

HALLOWEEN COSTUME CONTEST

12PM - 12:30PM

Lobby

See side one for details.



Baptist Health/Milestone
**wellness
center**