

# Health and Wellness

October 2018



## Fall Fitness Festival

Saturday, October 20, 9am - 12pm

Bring your friends and family and join us for a fun fitness morning. Learn about our group exercise classes, upcoming programs, free health screenings and much more!

- Blood Pressure Screening
- Pilates Demonstrations
- Free Guest Pass Day
- Balance Testing
- Kids' Activities
- Win Prizes

## JumpStart Seminar,

Saturday, October 20, 10 – 11:15am

Attend this free seminar with Life Coach Stacey Vicari and look at your life, where it is now and where you want it to go. Seating is limited so register today, [www.myideallife.com](http://www.myideallife.com).

## October is Breast Cancer Awareness Month

Join our Milestone staff as we support the fight against breast cancer. Please share your support by wearing PINK every Friday in October.

If you or someone you know has experienced breast cancer, please share their name on a pink ribbon from the Service Desk. These ribbons will be displayed in our fitness office window.

Try one of our delicious PINK smoothie specials every Friday in our Café. A portion of the proceeds will be donated to the Baptist Health Cancer Care Fund to directly support those fighting breast cancer.

## Circle of Red/Rodes Goes Red

Thursday, October 18, 5 - 7pm

Sip, Shop and Support  
Rodes For Him and For Her  
4938 Old Brownsboro Road

Sip, Shop and Support your local American Heart Association. Enjoy a trunk show, Pilates Barre demonstration, a chance to win prizes and much more! 10% of the sales will benefit Go Red for Women.

## Ask the Trainer

Wednesday, October 3, 2018

Lobby, 8 – 11:30am

Stop by today and learn women's health tips. Free body composition testing.

## Social Dance Classes

4-Week Session begins

Sunday, October 7, 2018

Class Room A, 5 – 6pm

\$60 Per Couple / \$75 Non-Members

Learn the Bachata (a dance from the Dominican Republic) with Jane Blum, Professional Dancer and Teacher. New dance lessons each month. Sign up today at the Service Desk. More info: Jane Blum, 502.296.0047.

## Flu Shots Available

Wednesday, October 3, 8 – 11am

Conference Room

Stay healthy this flu season. A Walgreens Pharmacist will be on-site to give shots today. Flu shots are covered 100% by most insurance companies and Medicare. See flyer for details.

## Halloween Costume Contest

Wednesday, October 31, 12pm

Lobby

Dress up in your favorite Halloween costume for a chance to win prizes!

## Oasis Spa Special Offer

Receive a free Babor Masterpiece Ampoule with your purchase of \$80 or more from Dr. Babor products. While supplies last. Call the Oasis Spa today, x 121. Offer ends October 31.

## 7<sup>th</sup> Annual Chili Cook-Off

Wednesday, October 24, 11am – 12:30pm

\$5 for Chili Sampling / Lobby

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

## 6-Week Meditation Workshop

Saturday, October 6, 12:15 – 1:30pm

Class Room C

\$100 Members / \$130 Non-members

Learn the basics of meditation with Rory Foster. See flyer for details. Sign up today at the Service Desk.

## Thank You!

On behalf of Milestone, we thank all of our animal lovers who generously donated items to help the Animal Care Society and Kentucky Humane Society. Your donations were greatly appreciated by each organization.

### **3 Wednesday**

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#### **Flu Shots Available Today**

Conference Room, 8 – 11am  
See side one for details.

#### **Ask the Trainer**

Stop by the Lobby, 8 – 11:30am  
Women's health tips available.  
Free body composition testing.  
See side one for details.

#### **Milestone Book Club**

Group Session, 7 – 8:30pm  
Upstairs Lobby  
Our book discussion this month will be 'Eleanor Oliphant is Completely Fine' by Gail Honeyman. Everyone welcome. More info: Call Ellen Venhoff, 502.548.4835.

### **4 Thursday**

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#### **HMR® Information Session**

Conference Room, 5:15 – 6:15pm  
If weight loss is your goal, try our award-winning program that's trusted by physicians across the country. Attend this free session and learn why HMR is so successful. More info: Call Lynn, x124.

### **5 Friday**

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#### **Family Swim Night**

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

### **6 Saturday**

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#### **HMR® Information Session**

Conference Room, 10:30 – 11:30am  
See October 4 for details.

#### **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: 502.588.2008.

#### **6-Week Meditation Workshop**

With Rory Foster, 12:15 – 1:30pm  
Class Room C  
\$100 Members / \$130 Non-members  
See side one for details.

### **7 Sunday**

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#### **Social Dance Classes**

4-Week Dance Lessons  
Sessions start today, 5 - 6pm  
Member and Guest \$60 per couple/  
\$75 for two Non-members  
Class Room A  
See side one for details.

### **11 Thursday**

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#### **HMR® Information Session**

Conference Room, 5:15 – 6:15pm  
See October 4 for details.

### **13 Saturday**

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#### **HMR® Information Session**

Conference Room, 10:30 – 11:30am  
See October 4 for details.

### **18 Thursday**

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#### **Circle of Red/Rodes Goes Red**

Sip, Shop and Support, 5 – 7pm  
Rodes For Him and For Her  
4938 Old Brownsboro Road  
See side one for details.

#### **HMR® Information Session**

Conference Room, 5:15 – 6:15pm  
See October 4 for details.

### **19 Friday**

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#### **Family Swim Night**

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

### **20 Saturday**

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#### **Fall Fitness Festival**

Everyone welcome, 9am – 12pm  
See side one for details.

#### **JumpStart**

Free Motivational Seminar  
With Stacey Vicari, 10 – 11:15am  
See side one for details.

### **24 Wednesday**

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#### **Chili Cook-Off**

Lobby, 11am – 12:30pm  
\$5 Chili Sampling  
See side one for details

### **25 Thursday**

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#### **HMR® Information Session**

Conference Room, 5:15 – 6:15pm  
See October 4 for details.

### **27 Saturday**

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#### **HMR® Information Session**

Conference Room, 10:30 – 11:30am  
See October 4 for details.

### **31 Wednesday**

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#### **Happy Halloween!**

Costume Contest, 12pm  
Lobby  
See side one for details.

OCTOBER 2018

