

Take charge of your health with our **20 for ~~\$20~~ \$10*** "Health to You" offer.

Join our "Health To You" wellness program and take advantage of all these great member benefits:

Health Education

1. Monthly newsletter
2. Quarterly magazine
3. Priority notification of health seminars & screenings

Health Screenings & Services

4. Water Aerobics
5. Pilates, Yoga & Strength training classes
6. Discounted Lebed exercise classes
7. Discounted tobacco cessation classes
8. Blood sugar & diabetic food check
9. Blood pressure & pulse checks
10. Hearing screenings
11. Computerized physical health assessment
12. Self colon kit
13. Oxygen saturation check

Social Events

14. Day trips designed for seniors
15. Chaperoned international travel
16. Monthly (free) breakfast meeting
17. Monthly "Lunch Bunch" and Book Club

Business Discounts

18. National discounts, including pharmacy, car rentals, hotels, gifts, etc.

Special VIP Benefits

19. Hospital cafeteria meal tickets for caregivers
20. 20% discount in hospital gift shop & cafeteria

Plus, you'll be able to access online interactive tools, health calculators, and personalized health assessments and reports through the H2U website.



To learn more or to start your 20 for \$10* membership, call **478-765-4116(CMC)** or **478-757-6092(CNH)**

* Special pricing only offer May - June, 2011.