



FITSTOP FORUM

March
2016

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Hi, Everybody! March is here and that means that spring is on its' way!! To celebrate the coming of spring, we'd like to (exercise your creativity) and bring out the "Artist" in all of you while supporting one of our favorite charities. We are currently in the process of planning a painting party/fund raiser for Vera House. We are going to call it "Painting with a Purpose." So far, we have an artist to teach us, a place to hold the event and now all we need to do is finalize a date and time. I should be able to finalize and share the details of this upcoming event by next week. I hope to have as many of you as possible, along with your friends, join us as I am sure we will have a great time and I know that it is for a great cause! Voila!!



CELEBRATING YOU!

March Birthdays:

- 03/01 Stan E.
- 03/03 Pam K.
- 03/06 Marie T.
- 03/08 Maggie O.
- 03/15 Tom H.
- 03/15 Ginnie O.
- 03/21 Amy Y.
- 03/22 Carol K.
- 03/24 Susan P.
- 03/25 Patty B.
- 03/27 Rebecca Z.
- 03/29 Jason S.

Welcome New Members:

We would like to welcome new members Michelle L. and Margaret C. to our club. We are so happy to have you here with us!

REFER-A-FRIEND

Any current member who refers a friend who signs up for a 12-month Basic or Select membership will receive a \$50 Visa gift card for the referral!

Anyone need a Notary?:

Congratulations to our own Gen K. who is now a licensed Notary! If you or anyone you know needs her services, she is here to help.



More on Bone Health:

We had a wonderful turnout at our Bone Health Seminar last month as Susan Brown did an excellent job in educating us on how we can all improve our bone



health. She has generously offered to give each of us a FREE 15 minute phone consultation to explain more about her supplements and how they can benefit us. She is also available to set-up full 1-hour consultations to address other nutritional concerns as well as how to alkalinize our systems for better health. We will be looking forward to seeing more of Dr. Brown as she has several ideas for future seminars at our club! You can contact Susan Brown, Ph D., CNS, at betterbones605@gmail.com or you can call for an appointment at 437. 9384.

Lights, Camera.... Action!:

As an added measure of safety, I have decided to have National Grid install outdoor lighting for our back parking lot which should be completed on or around March 9th. We are also installing an outdoor camera with night vision so we can see all cars and individuals coming and going from our lot. The installation of the camera system should be completed

within the first week of March. Thank you to Debbie G's husband Ed for all his hard work in helping to keep us all safe!

Energy Massage Table Reminder:

Just a reminder to all of you have not yet tried our free 15 minute session on the Migun Energy Massage Table to sign up to do so if you'd like to try it out. And, for those of you who have gift certificates, don't forget to use them. You can't benefit from the table without using it. ☺

A Big Thank You!:

Thank you to all of our FitStop class members for graciously welcoming the LeMoyne nursing students who have been joining us and will continue to join us through the beginning of April. They are all greatly enjoying being a part of our group and learning from each of you about how people can stay fit as we age. This experience will also help them in choosing their selected field in nursing as well as set a wonderful example of how to stay healthy throughout their lives.

Something to think about:

Be Yourself. Everyone else is taken.
_____Oscar Wilde

Be a Fountain, not a Drain.
_____Rex Huddler

We always have enough to be happy if we are enjoying what we do have—and not worrying about what we don't have.
_____Ken Keyes, Jr.

ANY NEWSLETTER IDEAS? Let me know if you have an idea to share with our members or if you would like to promote something that our members may be interested in. **ANY WEBSITE UPDATES?** If you would like to add or update your own personal FitStop fitness testimonial at Kathysfitstop.com, please email your story to me at kathysfitstop@aol.com.