

Pivotal Wellness Newsletter

Pivotal Wellness
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Hot Bodies Dance Class begins Wed August 12 @ 8pm

Let your inner temptress out in this new dance class! Get confident, shake your stuff, and have fun with the girls.
 \$12 drop in, \$80-8 punch card

Empower Yourself! Express Your Health! 6 week class begins Monday August 10 : I am looking for 5 women

who are ready to dig deep, create their vision, and change their lives! Group Workouts Mon/Wed with 30 min for discussion/speakers on Monday. Topics include women, hormones and nutrition, feminine presence, emotions and your health and more!
 Mon-7-8:15pm and Wed 7-8pm \$ 240 (\$20 a class)

Email lauren@empowerfitness.org or call 407-399-0170 for more info or to sign up!

WE NEED YOU, YOUR LOVED ONES AND YOUR FRIENDS INPUT...

Please fill out a survey and give us your feedback!

This survey will allow us to better accommodate the families and individuals we serve by giving us a direction to grow.

You can either pick up a survey at the front desk or go to our website: www.pivotalwellness.com

Click on "HOME" and then click on "SURVEY 2009" and print it out. There will be an anonymous drop off box at the office where you can turn it in.

PAYMENT CHANGES FOR CHIROPRACTIC!

Effective August 1st

Student Rate: \$28
 Senior Rate: \$28

Sports Physicals:
 \$25 per child
 \$5 donated back to school

Congratulations!

Dr. Brian and his wife, Dr. Cathy, have had their baby girl!

Her name is Kali Jules and she weighed 7lbs 4oz and 20 inches long!

Because of their little bundle, Dr. Brian will be here select days in August. Please call for available appointment times.

The Doctor's Out!

Dr. Brian Gone	Some Select Dates
Dr. Brian Gone	August 22nd
Dr. Brian Gone	August 29th

*******CONSTRUCTION ZONE*******

Please see our alternate route map on our website under "HOME" and then "CONSTRUCTION MAP"
 The intersection of Fossil Creek/College will be blocked as of Wed. August 5th till TBA. (Basically, turn West at Woodley's Furniture)

August 2009

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9	10	11	12	13	14	15
16	17	18	19	20	21	22 <i>Dr. Brian Gone</i>
23	24	25	26	27	28	29 <i>Dr. Brian Gone</i>
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