

Pivotal Wellness Newsletter

Pivotal Wellness
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Rocker Board Classes!

For those of you that have already purchased your rocker boards, we are putting together the class for you to learn how to maximize your time with them! For those of you who haven't invested in your board, they are on sale for \$40 at Pivotal. See Dr. Brian for details.

Classes: Friday, Jan. 16th @ 12:30-1:30pm
Wednesday, Jan. 28th @ 6:00-7:00pm

The week of Jan. 5th is Acupuncture week!

For one week, 1/2 off the initial consultation/treatment for new patients! This is a wonderful opportunity to start the new year off in a renewed state of health and balance. Also, check the calendar below for the schedule of our TCM seminars addressing: Migraines, Weight Management, and Digestive Issues.

Dr. Alan's Out of the Office!

Dr. Brian's Out of the Office!

Jill will be beginning a couples massage therapy class on February 10th at 6:30pm! She will be going over basic techniques, and proper positioning to get the most out of you and your partner's massage. The fee is \$30/ per couple and the class will be between an hour to an hour and-a-half. Please stop by the front desk to get more information or to register!

Jill's Intro Massage:

Jill Cherubin is offering \$45 introductory massages. If you haven't been in to see her, please schedule your first appointment while this offer lasts. If you *have* been in to see her, then you already know how amazing she is, so tell your friends about her!

Gift Certificates are also available

January	15th
January	16th

January	3rd
January	24th

New Year, New You!

4 Training Sessions for \$99! No membership necessary!
 We are experienced with:

-Weight Management	-Core and Functional Training
-Lifestyle Management	-Pre/Post Natal Training
-Sports Conditioning	-Corrective Exercise

If you are ready to take this new year to a new level, call us today! We also offer group and partner training as well as individual training
 Check out our website for more information: www.pivotalwellness.com

Looking for an Excuse to Shed some Pounds? Here's your chance!

The 1st Annual Pivotal Weight Loss Challenge begins **Jan. 26**. In this 12 week challenge, you and a partner could win some extra cash if you lose the most weight! Challenge contribution is \$40 to the pot and \$10 (per person) for weigh-ins and assessments. See a trainer for details.
 *Full 12 week written fitness program available for \$100

<u>Jan 2009</u>				1 Dr. Alan Gone Dr. Brian Gone	2 Dr. Alan Gone Dr. Brian Gone	3 Dr. Brian Gone
4	5	6	7 TCM Seminar: Headaches @ 7pm	8	9	10
11	12	13	14	15 Dr. Alan Gone	16 Rocker Board Class @ 6pm Dr. Alan Gone	17
18	19	20	21 TCM Seminar: Weight Management @ 7pm	22	23	24 Dr. Brian Gone
25	26 Pivotal Weight Loss Challenge Begins	27	28 Rocker Board Class @ 12:30pm TCM Seminar: Digestive Issues @ 7:30	29	30	31