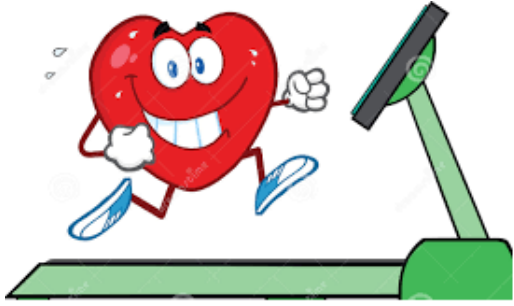


January/February 2020

**The
S.I.M
GYM
will be
closed
on
Monday
February
17th,
2020
for
Family
Day**

**I CAN SEE CLEARLY
NOW IN 2020**

Last year we asked you what do you want to be in 2019? Fit, bold, balanced, or strong. This new year, new decade we want to offer a different thought. We know that not everyone loves coming to the gym and that's ok there's no right or wrong here. There can sometimes be the "diet culture" of we need to work out in order to enjoy food, wine, beer, chocolate etc. What if we shifted those thoughts to I want to workout to be stronger, healthier, live longer, be able to play with the grand kids, and actually enjoy living! Trying to be positive with our words and ourselves. Try to move away from negative self talk and talk about all the things we can do! Let us know if there is anything we can do to help you to see clearer!



February is Heart month!
Stay tuned for your cardio
challenge!

LUNCH AND LEARN
JANUARY 23, 11:30-1PM
IN THE AUDITORIUM



Join Cree Lambeck Psychotherapist from Blueberry Therapy. Together we will learn about Seasonal Affective Disorder (SAD) and how seasonal changes can impact health & well-being.

Don't forget if you volunteer at
St. Joseph's Villa you pay only \$30
a month for your membership!

THANK YOU FOR ALL
THE WELL WISHES FOR
THE HOLIDAY SEASON!
LORI AND LISA

*Thank
you*