



JANUARY 2020



## January Special

FREE key fob with new membership!

(\$10 value)

### Friendly Reminders:

- Take off your wet shoes before entering the gym or studio
- Wipe down the machines to prevent the spread of illness
- Return your weights back to the racks after using them
- Bring your own towel for the pool
- Return any pool equipment/toys back to where you found them
- HAVE FUN!

**Vitality Wellness is  
OPEN TO ALL.  
No need to be a  
CentraCare patient.**

**Group Fitness Schedules**  
will be released the first  
week of January! Classes  
will kick off on Jan. 13.

### Vitality Reflections

by Katie

*"Be mindful of intention. Intention is the seed that creates our future." Jack Kornfield*



January 1...New Year—New You...packed gyms, sold out salad bars, and a ton of 'let's do this' energy. It's the start of the typical resolutions to lose weight, exercise, eat healthy, stop smoking, etc. that we believe will radically change our life. We are surrounded by highly motivated people ready for change only to watch their goals

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\*New Years Eve  
STAFFED UNTIL 5 p.m.

\*New Years Day  
NO STAFF

[Pool Schedule](#)

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this high and low feeling...I know I have and I'm here to assure you there's a better way. One that will make 2020 your best year yet. The shift lies in the power of setting an intention rather than a resolution. An intention that acts as a guide to how we will make our life better. They revolve around positive thinking and support inspired action through daily habits. Being intentional encourages us to live in the present moment, release perfectionism, and shift from living in an all or nothing mentality to one where we learn from our mistakes and pivot the next time they arise. The intention that we set each and every day creates our reality. [Read more](#)

CC Vitality is seeking a **PERSONAL TRAINER!** If you are one or know someone interested please contact Vitality Wellness 320-732-7234 or [email](#) us!

## Recipes of the Month

[White Chicken Chili](#)

[Pumpkin Pie Mousse](#)



## Wellness Spotlight

If you are visiting Vitality during the weekend, you will often find Callista Sand behind the desk helping represent Vitality Wellness. Callista recently graduated from Alex Tech with a degree in

Exercise Science and is working to obtain her personal training certification. You can find Callista working out in our gym when she's not busy working.

Callista's favorite thing about Vitality Wellness is seeing all the people and interacting with them when they come on. She also loves the weight room!

Her strongest dimension of wellness is physical.

Callista's favorite way to stay active is going to the gym or just being outside enjoying nature.

One thing on Callista's bucket list is to visit Banff National Park in

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## Gift Gallery

Shop for a cause! All proceeds from the Gift Gallery support our patients, families and residents.

The Long Prairie Gift Gallery is located at the Medical Campus, just to the left of the front desk. Open Monday-Friday; 8 a.m.–4 p.m. Closed on holidays.

Follow us on [Facebook!](#) [Join our team!](#)

## Upcoming Programming/Events

All are invited to attend for FREE!

### [MyPlate for MyFamily](#)

January 15, 6-7 p.m., Conference room.

Each session will focus on how to incorporate foods from all five food groups into your daily meals while limiting solid fats, added sugars and sodium. Plus, learn simple ways to be more physically active throughout your day! Instructor: Elizabeth Quillo, U of M Extension Nutrition Educator

### [Minneapolis Guitar Quartet](#)

January 25, 11 a.m.-noon, Studio.

The Minneapolis Guitar Quartet will perform an exciting and varied program with music by J.S. Bach, Joaquin Rodrigo, Maria Kalaniemi, Prince and MGQ member Maja Radovanlija. The group will guide listeners through a musical tour of five different countries, ranging from ancient Macedonian folk to Spanish romantic to "Purple Rain". Question and answer time follows the performance. For all ages. A Legacy event.

### [Guitar Ensemble Crash Course](#)

January 25, 2-3 p.m., Studio.

In 90 minutes, the Minneapolis Guitar Quartet will introduce multi-age participants to the "hands-on" experience guitar ensemble playing, culminating in a live performance. Beginner to advanced guitar players join together for a rehearsal and a performance of composer Jeff Lambert's "A Latin Evening," composed specifically for this class. Free and open to all ages. Participants must provide their own guitar and music stand. A Legacy Event.



Vitality Wellness is **creating community well-being and promoting healthy lifestyles**. The goal is to provide programs, services and amenities designed to support well-being through the six dimensions of wellness. Click on the image to learn more.

Contact [Misty Lemke](#), Communications & Marketing

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1/28/2020

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