



FEBRUARY 2020



## ♥ Valentine Weekend Special ♥

### February 14-16, 2020

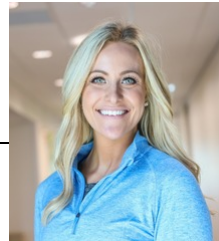
Members: Bring a friend and they can utilize the facility for free!

\*Valid only during staffed hours. Friend must check in/register with staff.\*

## Vitality Reflections

by Katie

*"Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it" –Rumi*



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

Let's talk about L O V E.

Love is not something we fall into... Love is spiritual. Love is deep. Love is raw, real and is at the core of all beings. Love is our connection of heart and soul. While love is the fire within us, it can so often be mistaken for something we seek to find outside of ourselves that will make us feel complete and whole. Today's reflection is to remind us all that the love we deeply seek lives within us. It is the love, compassion and connection to our most authentic self. It is what connects us all to each other as one. [Read more](#)

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[Memberships](#)

[Facility Hours](#)

[Pool Calendar](#)

[Group Fitness Calendar](#)

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## Recipes of the Month

[Triple Layer Lasagna](#)

[Chocolate Peanut Butter Truffles](#)

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!

[Subscribe](#) to our email list.



**Spring is coming! In the meantime...**

#### Friendly Reminders:

- Take off your wet shoes before entering the gym or studio
- Bring headphones to listen to your personal music. Playing personal music on speakers is not respectful and not allowed.
- 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!



## Wellness Spotlight

Jen Murch is part of our weekend staff at Vitality Wellness! Outside of Vitality, Jen enjoys her job as a Special Education Teacher and a mom to three beautiful daughters and three pups! She loves the summer when she can go camping and hang out with

her family. She also likes antiques, reading, puzzles, crafts, traveling, home improvement projects, concerts and theatre! She is one passionate woman!

Jen's favorite thing at Vitality Wellness Center is the bright, cheerful atmosphere and the warm water therapy pool. She loves the opportunity to have the pool in the winter months!

Her strongest dimension of Wellness would be emotional. She believes it is very important to have the ability to cope with life effectively. Not every day is going to be great therefore you need to be able to get through those days so you can enjoy the next.

Jen's favorite way to stay active is by going camping with her family and taking her dogs for walks.

One thing on her bucket list is a dream vacation to Scotland!

## Upcoming Programming/Events

All are invited to attend for FREE!

### Quilting Club: Day of Sewing

February 1 8 a.m.-4 p.m. Vitality Wellness Fitness Studio

February 29 8 a.m.-4 p.m. Vitality Wellness Fitness Studio

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### FREE BOLT Family Swim

February 2 3-5 p.m. Vitality Wellness Pool

February 16 3-5 p.m. Vitality Wellness Pool

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**MyPlate for MyFamily**

February 19, 6-7 p.m., Vitality Wellness 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*

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**Advanced Care Directive Informational Sessions**

February 11 9-11 a.m. Vitality Wellness Conference Room  
February 25 9-11 a.m. Vitality Wellness Conference Room

*A health care directive is a planning tool used to identify who you want to make health care decisions for you if you aren't able to communicate. It puts your wishes regarding end-of-life care in writing. Vitality Wellness will host learning sessions to learn more about the importance of a Health Care Directive. Thinking about our end-of-life doesn't have to be scary or overwhelming... rather it is the best gift we can give our loved ones.*

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**SilverSnacks**

February 19 2:30 p.m. Vitality Wellness Conference Room  
February 20 11:30 a.m. Vitality Wellness Conference Room

*Sample a healthy post-workout snack and learn about post-exercise nutrition, lead by with Clara Vancura, CentraCare - Long Prairie's Dietitian. New snacks and recipes will be featured each week.*

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**Wellness That Works (Formally Weight Watchers)**

Every Thursday Vitality Wellness Fitness Studio  
6:45-7:15 a.m. Weigh In  
7:15-7:45 a.m. Workshop

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**BIO Girls**

Vitality Wellness Fitness Studio  
Every Wed., beginning Mar. 11 + Sat. morning, May 30 finale 5K  
3:25-4:55 p.m.

*BIO Girls is on a mission to build self-esteem of adolescent girls (grades 4 - 6) through empowerment of self and service to others. The BIO Girls 12 week program uses life-skill lessons, small group mentoring and non-competitive physical activity to empower girls to be their bold, bright, beautiful, imperfect selves. Every girl deserves to know she is Beautiful Inside and Out.*

*Registration is open for the 2020 BIO Girls - Long Prairie - Grey Eagle program. Learn more about BIO Girls follow us on [Facebook](#).*

*BIO Girls Mentors NEEDED! Must be a 17+ Female that's passionate about empowering girls to be their bold, bright, beautiful, confident selves! [Contact Katie](#) for more information 320-732-7287. All mentors will receive a FREE Punch Card to Vitality Wellness (\$60 value!).*

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Your feedback is important to us!



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!](#)



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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