



NOVEMBER 2019

We are NOW OPEN 24/7!

For members, this means you can use the gym, fitness studio and locker rooms anytime of the day and night that fits your schedule.



Vitality Reflections

by Katie Gruber

“Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.” — Melody Beattie

November is a very special month surrounding social occasions, excited energy, and a time for thanks and giving in our lives. It sparks the transition of Fall to Winter and brings the first of many in this new season—first frost, first snowfall, and first of the holiday gatherings. November tends to call us “home” to gather with friends and family and remember the true meaning of life—to live fully and love deeply. Living fully and loving deeply can be reflected every day through gratitude...our intention this month. We hear all the time that gratitude is important. [Read more.](#)

Meet Our Team

Patsy Hinnenkamp is our spotlight for November! If you are visiting Vitality during the work week, you will often find Patsy behind the desk helping with our Rehab Team and Wellness. Patsy always greets you with the biggest smile and will go above and beyond to answer your questions. She knows how to make you feel welcome and supported in our new space. Patsy loves spending time with her family and grandchildren—especially on the lake and in the water!



Patsy’s favorite thing about Vitality Wellness is visiting with our members and hearing about how much they love using the gym and pool.

[About Us](#)

[Memberships](#)

[Informational Flier](#)

[Facility Hours](#)

[Group Fitness Schedule](#)

[Pool Schedule](#)

*Please note: Vitality Wellness will not be staffed on Thanksgiving Day, Thursday, November 28. Vitality will resume regular staffed hours on Friday at 6:30 a.m.-7 p.m.

[Contact Us](#)

[Directions](#)

ATTENTION:

No wet boots or shoes allowed in the gym or Fitness Studio. Please plan accordingly. Thank you!

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strong and keeps her balanced.

Patsy’s favorite way to stay active is doing yard work and swimming as well as playing with her grandchildren.

One thing on Patsy’s bucket list is to visit all 50 states!

Upcoming Programming/Events

All are invited to attend our FREE nutrition classes. Classes will be located in the Vitality Wellness Conference room.



Food Facts

Nov. 13, 6-7 p.m.

Holiday Recipe “Make-Over”

Adjusting holiday recipes for a more balanced holiday meal. Instructor: Clara Vancura, CentraCare Clinical Dietitian

MyPlate for MyFamily

Nov. 20, 6-7 p.m.

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



Healthy Recipes of the Month - with a chance to win!



If you give either of these Healthy Recipes a try—let us know on Facebook! Make sure to post a photo of the recipe and tag @VitalityWellnessLP for your chance to WIN a Family Swim Pass (good for up to 6 people).

- [Black Bean Brownies](#)
- [Butternut Squash Soup](#)

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



Find trendy and unique items at the Gift Gallery located just to the right of the Long Prairie Medical Campus main entrance.



[Review Us on Google](#)

Your feedback is important to us!



Vitality Wellness is **creating community well-being and promoting healthy lifestyles**. The goal is to provide programs, services and amenities designed to

What's New

[Subscribe](#) to our email list.

The Locker Rooms have NEW FLOORS! They have been covered with a textured material to increase resistance and reduce the risk of slips and falls due to excess water.



the six dimensions of wellness. Click on the image to learn more.

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

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