



Holiday Gift Certificates!

Give your family and friends
a gift that always feels good!

SPECIAL!
15% off massage therapy: 12 sessions for \$743 or 15% off any package

15% off personal training: 12 or 24 sessions only

SPECIAL!

Healthy Heart package: 1 massage session, 1 personal training session and a heart rate monitor for **\$195**. *Combines the stress-reduction benefits of massage and exercise in one healthy package.*

SPECIAL!

Non-member memberships: 3 months for \$250 or 1 year with **no enrollment fee**

All gift certificate packages are ready for giving, tucked into a holiday gift bag, with extra goodies, bow, tissue paper and card.
Pick one up at the HFI Front Desk!

Please call **276-4567** for more information.



You'll love what you do for yourself at
STAMFORD HOSPITAL | Health & Fitness
Institute

*Affiliate Columbia University-College of Physicians & Surgeons
Member New York-Presbyterian Healthcare System*

Tully Health Center
32 Strawberry Hill Court, Stamford
(203) 276-4567
www.stamhealth.org

