

# Stamford Hospital's Health & Fitness Institute

March 31<sup>st</sup>-April 5<sup>th</sup>

## Membership Specials

- *Raffle prizes valued at over \$1000.00*
- *Demo classes : Swing Dance/Back Pain Relief/Yoga Pilates Reformer, Chair Massage and more*
- *Plus our regular schedule of pool classes, Group Power and Fully Equipped Fitness Floor*
- *Join our annual Health and Fitness Weight Loss Competition "Win to Lose"*
- *Free Lectures including Dr. Joe Feurestein from Integrative Medicine on **Supplements and your Health** Wed April 2<sup>nd</sup> 7:30 in the Brace Auditorium*
- *Light Refreshments including Robeks Shakes*

**Call 276-4567 or stop by for a schedule of our weeks events**