



## The Wellness Studio and Our House: Helping the Community!

### It's the Season for Giving

At The Wellness Studio we feel that the health of our community stands equal to our own personal health and fitness.

We want to encourage this community support by offering considerable discounts on services purchased at The Wellness Studio in exchange for helping **Our House**. Here's the plan between now and January 15th:

#### **Not a member of The Wellness Studio yet?**

- 1) Simply bring in 5 items of clothing suitable for winter weather (coat, scarf, gloves, whatever!) to The Wellness Studio.
- 2) We **waive the initiation fee** (\$50), **AND** give you a 6 month membership at **\$35 per month** (normally \$45/mo). Or better yet, commit for a year and it we'll give it to you for **\$30 per month!**

#### **Already a member of The Wellness Studio?**

- 1) Bring those items in just as we described above.
- 2) We'll give you a **\$25 credit** toward any Wellness Studio service (except memberships). Use it to try out one of our classes! Put it towards getting a personal fitness consultation! Give it to a friend as a Christmas gift if you like! Think of it as 25 Wellness Bucks!

Amy and The Wellness Studio team will deliver all the items to **Our House**. Located in Little Rock, Our House provides the working homeless - families and individuals - with safe, clean, comfortable housing; food; free child care; education; and job training in order that they may return to independence and lead productive lives.

Please join us in keeping our families safe and warm through the winter months!

#### **In Good Health,**

Amy Laser  
Mike, Rebecca, Matt, and Grant  
The Wellness Studio Team

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