

# LifePointe Happenings

**Open to Members and the Community.**  
To register, call 402-481-6300, online at [bryanlgh.org](http://bryanlgh.org)  
All programs are held at LifePointe, 7501 S. 27th St.

**FEBRUARY 2012**

Visit us online at [BryanLGHLifePointe.com](http://BryanLGHLifePointe.com)

## Nutrition

### Do you know what you're really eating & how it affects your health?

**Mondays, February 6, 13, 20, 4-5 p.m.**

Register by: February 4



Jenna Mayers, RD

Do you have a family history of diabetes or has your doctor mentioned your fasting glucose is starting to rise? Often foods we think of as healthy may not be – whether it's due to portion size or hidden carbohydrates and sugars. Being in the know about the foods you choose can help you feel better, maintain or lose weight, and even avoid or delay diabetes and other health conditions. Join Jenna Mayers and learn how to read a food label, count carbohydrates, and create a plan for healthy eating. Pre-registration required. Cost: \$30 for three-class series.

### Cooking Class: Heart Healthy

**Thursday, February 9, 6-7 p.m.**

Register by: February 7

Discover the joy of heart healthy cooking with amazing recipes your family and friends will love. Whether you're an experienced cook or beginner, you'll leave with easy, great-tasting new dishes. Join Katie Walz, registered dietitian, for recipes, samples and inspiration. Cost: \$10.



Katie Walz, RD

### Cooking Class: Date Night on a Budget

**Thursday, February 23, 6-7 p.m.**

Register by: February 21



Jenna Mayers, RD

Planning a romantic evening doesn't have to cost a fortune or do a number to your waistline. Join registered dietitian Jenna Mayers to learn how to prepare easy, healthy recipes for two, and enjoy samples and recipes to start planning your date night! Cost: \$10.

## Weight Loss

### LifeTracks Changed my Life!

**Do you have weight to lose?**

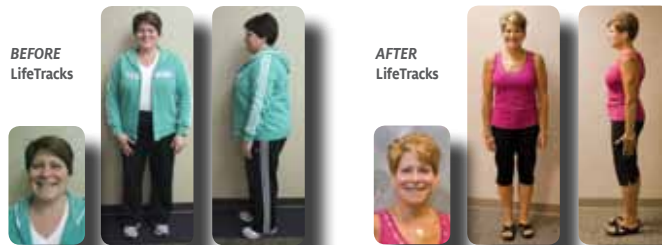
**Is weight impacting your life?**

There comes a time when you realize, it's time. This is my life, my health and it's important. It's time to take control and take action. You've tried other weight loss programs in the past, maybe they were successful for a while, maybe not. But now is the time to take a healthy and smart approach to a life-long, life-changing journey to better health.

**You can succeed!**

LifeTracks is a highly effective, medically supervised program for long-term health and weight management. This 20-week program is specially designed for people who want to lose 40 pounds or more.

**In 7 months, Kris lost 75 pounds with LifeTracks & Exercise**



*"I feel so much better, and it's great to enjoy activities with my family."*

**Attend a free LifeTracks information session:**

**Monday, February 20, 5:30-6:30 p.m.**

**Wednesday, February 22, Noon-1 p.m. OR 5:30-6:30 p.m.**

**BryanLGH LifePointe, 7501 S. 27th St.**

**To register: Call 402-481-6300**

**or go to [www.bryanlgh.org/LifeTracks](http://www.bryanlgh.org/LifeTracks)**

## Treat your Valentine

To a relaxing experience  
at The Spa at LifePointe



Special Valentine  
offers listed on back.

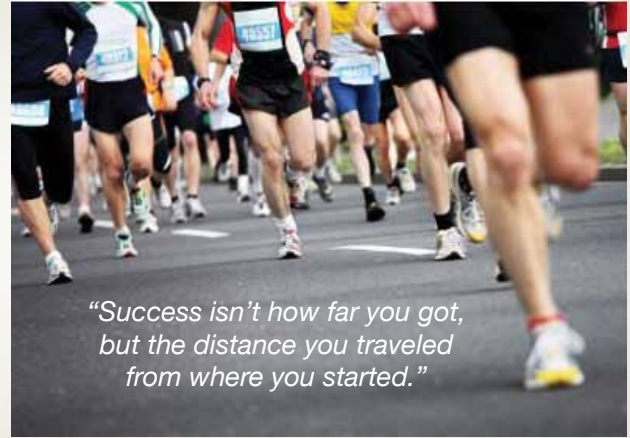
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## **Running Clinic: Train for half marathon, 10k and 5k races**

**Tuesdays, February 7-May 1, 7-8 p.m.**

*Register by February 6*

Start training now to accomplish your goals. This clinic provides safe, enjoyable and successful training methods and education on topics that include: running clothing, sports nutrition, running techniques, heart rate training, injury prevention and treatment, and race preparation. Registration includes free T-shirt and special rate for optional three-month LifePointe membership. Cost: \$95, members; \$105, guests.



## **Valentine's Day**

**Treat yourself or someone special to a relaxing experience at The Spa at LifePointe.**

**These special gift packages are on sale February 1-18**

### **Couples Cocoa-Butter Massage**

Slip away to the tropics with the ultimate couples massage. Unwind with tranquil music, candlelight and soothing cocoa butter to relax your mind and restore dry winter skin to its healthy glow! \$130.

### **Cocoa-Butter Massage**

Melt your tension away with the scent of cocoa butter and an expert one-hour massage customized to your body's relaxation needs. \$55.

### **Pomegranate Pedicure**

Treat your feet with the power of pink! You'll receive a luxurious spa treatment with nail shaping and polish, callous removal and calf massage. Your senses will tingle to the crisp, clean, feel-good scent of pomegranate. \$38.

### **Rosewater Facial**

A unique way to give roses - our signature facial with a twist. Revive, refresh and relax with our customized techniques and products to exfoliate, hydrate and refine your skin. Plus, a hand or foot treatment with the sweet, subtle relaxing scent of Rosewater. \$60.

**Can't decide? Why not pair a gift card with a Pomegranate body wash or lotion from Hempz. These featured products of the month are 20% off!**

**Purchase while supplies last!**

**Open Daily.**

In person: 7501 S. 27th St.

By phone: 402-481-6321

Online: [www.bryanlghlifetpointe.com](http://www.bryanlghlifetpointe.com)

