



EVERGREEN MEDICAL CENTER

EMC

Health and Wellness

BodyBailout for everyone

January 15

Free
Fitness Screenings
8 a.m. – 6 p.m.

Special
BodyBailout
Session
With Guest Speaker
5 p.m. – 6 p.m.



ZERO joining fee

You can become a member of the fitness family at EMC Health and Wellness and enjoy **\$25 savings** for an individual membership or **\$50 savings** on a family membership with our **ZERO joining fee** only during the month of January!

Membership Privileges give you access to:

- ◆ Free Fitness Consultation and Plan of Action
- ◆ Cardio Equipment: Treadmills, Bikes, Elliptical Machines
- ◆ Free Weights ◆ Resistance Weights ◆ Indoor Walking Track
- ◆ Child Care ◆ Exercise Classes ◆ Fitness Education

Contact EMC Health and Wellness for more information on **BodyBailout**

and ask about our amazing monthly rates for individuals and families and special rates for senior adults.

225 Court Street ◆ Evergreen, AL ◆ (251)578-6863
www.evergreenmedical.org