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Photo: Your better health home

MAXIMIZE YOUR INSURANCE IN 2025

Use your insurance benefits early in the year to get the most out of your coverage. By meeting your deductible now, you can use the full potential of your benefits throughout the rest of the year. This can save you money and ensure you get the treatment you need later.

Keeping up with physical therapy while your deductible is still fresh, means you may not have to pay as much later on. Plus, you'll keep your health and recovery on track without worrying about coverage.

Don't wait! Utilize your benefits and feel the difference in your health this year!

Upcoming Hours:

- Closing @4:00 pm on Wed. Feb. 26th

1:00 Classes:

- Friday, Feb. 14th & Monday, Feb. 17th

Next Event:

- 2025 Lucky 5K
 - March 22nd

VALENTINE SPIRIT WEEK

Share the love this month as we celebrate the Valentine's season with our Valentine Spirit Week and festive drink menu!

Wed. 12th - Feelin' Flirty

(On Wednesdays we wear pink)

Thu. 13th - Sweet Treat

(Bring a tasty treat to share)

Fri. 14th - Burnin' Love

(Hearts, Red, & Spirit)

OTHER NOTICES

- **We will not have** a 4:30 pm class on Feb. 26th when we close early.
- Start training now for our **2025 Lucky 5K!** Registration and details to come soon.
- Schedule an appointment with **Katy!!**
- We're looking for more **coaches!** Please share your recommendations with us!
- **Follow** our socials to stay up-to-date and connected throughout the month!