



December 2008

On behalf of all of the teachers and therapists, I want to whole-heartedly thank you for supporting our efforts to serve you and bring health and wellness to this community. In reflection of the past year, I am so grateful to each of you for your passion and commitment to take care of yourselves. Without your interest and need, we would not be able to pursue our passion to *serve* and *heal*.

I want to thank my amazing staff, some of which travel great distances to serve you. We are so fortunate to have such talented and diverse teachers/staff and therapists (Hannah, Tina, Tim, Pat, Julie, Andrea, Mickey, Joan, Kate and Teresa); they have all put their hearts into this studio in order to serve you. We are blessed to have them all. And of course, my own team, Dan, Seth and Miranda for all they do here and at home to allow me to be the best that I can be for you. Especially for Dan, who makes sure that everything is just the way we need it to be in our space—to keep us warm, comfortable, and at peace when we are here.

In the coming year, we have many plans to grow and serve you better. One goal is to create a mobile wellness team that will travel to various workplace sites, bringing services such as stress management training, massage, yoga, acupuncture and nutrition counseling to employees. We will continue to bring new programs to you as you express interest and desire; thank you always for your willingness to try new things. Your comments are always helpful—please always feel welcome to make suggestions and provide feedback any time.

In closing, I wish you peace, faith and hope in this coming year. Remember our motto: “Wellness Through Balance.” Please accept a small gift from us in appreciation for all of the opportunities that you give us to serve you.

On behalf of everyone at Pilates Plus Wellness Center, Happy Holidays and Happy New Year!