

CELEBRATE  
WITH US!

MAY 17th

National  
Employee  
Health and  
Fitness Day

In recognition of:  
National Employee Health and Fitness Day at the LIFT Wellness Center!



West Tennessee Healthcare  
**Corporate  
Wellness**



Join us at 6:15am for  
**Sunrise Yoga** in the  
Mind/Body Studio.

Join us at 5:30pm for  
**Overdrive** on the  
Basketball Court.



**DOUBLE  
CHECK-INS  
IF YOU  
ATTEND  
BOTH  
WORKOUTS!**

**WAIT...THERE'S MORE!**

1/2 off InBody Scans  
20% off Personal Training Packages  
(up to 16 sessions/package)  
(Limit 2 packages per person)  
\$50 off LIFT Weight Management



**Most Steps Challenge** – Count your steps on May 16th and submit them to your HR person. They will submit the 'top stepper' to Corporate Health and Wellness. The employee with the most steps out of all of our Corporate Partners will win \$50 LIFT Bucks!