

# We ♥ Our Members

## Member Appreciation April 8-12

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### Join us to celebrate YOU!

#### Monday, April 8

##### Crazy Hat Day

- Kick-Off Spirit Week
- Photo Booth

#### Tuesday, April 9

##### Disney Dress Up Day

- Scavenger Hunt  
*See front desk to participate*

#### Wednesday, April 10

##### Wear Blue Wednesday

- Complimentary Coffee Station  
5:00am-8:00am, Wellness Center Lobby
- Bring a guest for FREE - ALL DAY
- Earn 50 Member Reward points upon check-in
- Complimentary Mindfulness Meditation Session  
3:00pm-4:00pm, Health Strategy Conference Room #2, First Floor
- Zumba Masterclass  
5:30pm-6:30pm, Group Fitness Studio

#### Thursday, April 11

##### Sports Day / Team Colors or Jerseys

- Complimentary Chair Massage  
11:00am-1:00pm, Wellness Center Lobby

#### Friday, April 12

##### Funky Sock Friday

- Complimentary Light Breakfast  
8:00am-11:00am, Wellness Center Lobby
- Complimentary Body Composition Analysis  
1:00pm-3:00pm, Health Strategy Conference Room #2, First Floor

### Win a Wellness Basket

**A \$75 value!**

Receive 1 entry when you participate in any of our dress up days **PLUS** receive additional entries for each picture you post to our Facebook page [@AdventHealthWellnessCenterCelebration](#) with #WeLoveOurMembers2024.

*\*Schedule and offerings subject to change*