

**From:** Randi Fuller <groupex@orchardsathleticclub.com>  
**Subject:** Love in the Club Month continues....  
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Orchards Athletic Club wants to help you celebrate with even more exciting events:

Dear Members,

Please join us with three more ways to celebrate Love in the Club at Orchards.

Wednesday, Feb. 17th. 6pm-7pm. Local counselor Angie Besel will be here for a "Keeping the Passion Alive" couples workshop. This is an interactive workshop where you and your partner can evaluate your relationship and make needed changes to keep the passion by learning the six signs that lead to break-ups and how to prevent these and keep your relationship strong and satisfying. \$8.00/per couple. Register at the front desk.



Monday, Feb. 22nd. 6pm - 6:45pm. Welcome Angie again for her "Positive Self-Image" workshop. Everyone occasionally struggles with negative feelings about themselves and their bodies. Learn how to combat those negative beliefs and encourage positive ones. Also, recognize the early warning signs of eating disorders. Find out how to approach someone you are concerned may be struggling with an eating or negative body image disorder. \$5.00/per member. Please register at the front desk.

Valentine's personal training special for couples. \$50.00 for 1 hour couple training session or \$80.00 for two -1 hour couple training sessions with Sam Ringleman. Please schedule your appointment with the front desk.

Randi Fuller  
Orchards Athletic Club

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