



Photo: 2025 5-Tru-K

INSURANCE & NEW YEAR NOTICES

Year-End Benefits:

As we approach the end of the year, now is the perfect time to use any remaining insurance benefits before they reset at the end of the month. Schedule an appointment today to make the most of your coverage and keep up with your health goals!

New Year Updates:

Looking ahead to January, please be prepared to complete updated paperwork at your first visit of the year. We'll be collecting updated information, so please remember to bring your insurance card(s) and allow extra time to avoid delays. We appreciate your cooperation.

Upcoming Closed Hours:

- Closing at 2:00pm: Dec. 24th, Dec. 31st
- Closed: Dec. 25th, Dec. 30th, Jan. 1st

1:00 Classes:

- Dec. 22nd, 23rd, 24th, 29th 30th 31st, & Jan 2nd

HOLLY JOLLY WEEK

Celebrate the holiday season with our **Holly Jolly Spirit Week!** Wear your festive favorites as we count down to Christmas!

This year's themes:

- 22nd - Holiday Movie Character
- 23rd - "Buddy the Elf, what's your favorite color?"
- 24th - Cozy Pajama Day

OTHER NOTICES

- **Shoutout** to these turkey gobblers who showed up Thanksgiving morning and earned their weekend of celebrating.
- Join us in **welcoming** Kelsie & Vicki to the team! They will assist at the front desk.
- Insurance **Open Enrollment** runs from 10.15-12.07. Reach out with any questions!
- **Follow** our socials to stay up-to-date and connected throughout the month!