



# Give

GIVE THE GIFT OF  
*Wellness. Pampering.  
Relaxation.*

### *Wellness.*

When you give the gift of an Avera Sacred Heart Wellness Center membership, you're getting access to our complete fitness center including extensive cardiovascular equipment, resistance training equipment, free weights, classes, two pools and the only underwater treadmill in the area.

The Avera Sacred Heart Wellness Center does not require monthly contracts, so our memberships are flexible.

**3 free months of membership with purchase of 6 month membership**

Group exercise classes included in membership:

- Boot Camp
- Urban Rebounding
- Zumba
- Yoga
- Silver Sneakers
- Step Circuit
- Senior Toning
- Water Aerobics
- And more

### *Pampering.*

To be pampered is to be royalty for a day — and who wouldn't want a gift of royalty?

Come see our newest esthetician at Avera Sacred Heart Hospital, where we're focused on helping people feel comfortable in their skin. We have several different types of facials to fit every age and every need, whether you're looking for a gift for a teenager, man or woman:

- Clarity Facial
- Ageless Facial
- Oxygen Facial
- And more

Avera Sacred Heart also offers a full line of waxing services including brows, lip and more. When it comes to waxing, we can meet all your needs — right here in Yankton.

**Half off all facial and waxing services**

### *Relaxation.*

Everyone on your list deserves a break from life. A massage gift certificate is the perfect present.

Avera Sacred Heart Hospital offers a variety of massage, including Swedish, deep tissue and hot stone. For parents or newlyweds, give the gift of a couple's massage: fruit, dessert and sparkling cider followed by a 60-minute couple's massage—a perfect, thoughtful present for a busy couple.

Benefits of Therapeutic Massage:

- Stress relief
- Muscle tension and stiffness relief
- Muscle-spasm reduction
- Athletic performance enhancement
- And more

**Buy one 60-minute or longer massage, and get a second for half price.**

## THANKSGIVING WEEKEND SPECIALS

Wellness: **3 free months of membership with purchase of 6 month membership**

Pampering: **Half off all facial and waxing services**

Relaxation: **Buy one 60-minute or longer massage, and get a second for half price**

Specials available for purchase on Friday, Nov. 23 (5:30 a.m. – 9 p.m.), Saturday, Nov. 24 (7 a.m. – 3 p.m.) and Sunday, Nov. 25 (1 – 7 p.m.)

To purchase gift certificates and see all available options and prices, stop in at the Wellness Center located on the second floor of Surgical Center or call (605) 668-8357.