

CALL US AND  
COME ON IN!

Come on in for our free 3 month exercise and wellness program, and start enjoying the benefits of regular exercise. *Remember, this program is absolutely free, and you are not under any obligation.*



*Please give us a call in Poughkeepsie at 452-5050, or in Highland at 691-6161 to get started. We hope to see you soon at Mike Arteaga's Health and Fitness Centers, and we guarantee we will help you feel comfortable here.*

CALL US TO  
START YOUR FREE  
3 MONTHS TODAY!



234 NORTH ROAD  
POUGHKEEPSIE, NY 12601

452-5050

3425 ROUTE 9W  
HIGHLAND, NY 12528

691-6161

[mikearteaga.com](http://mikearteaga.com)

CANCER  
WELLFIT  
PROGRAM



MIKE ARTEAGA'S  
HEALTH & FITNESS  
CENTERS

## MIKE ARTEAGA'S INVITATION TO YOU

**M**ike Arteaga's Health and Fitness Centers would like to invite you to be our guest for 3 months of exercise and wellness in our Cancer Well-Fit Program. This free 3 month program is specifically designed to address the special needs of people who are going through or have just finished the rigors of various cancer treatments.



## STRENGTHENING MIND, BODY, AND SPIRIT

**D**uring this phase of your life, we would like to offer you the opportunity to gain strength of body, mind and spirit. Treatment takes a toll on your body and challenges your spirit. Through regular exercise and the supportive environment of our fitness center, we will provide you with the tools necessary for you to begin feeling better and stronger.

## INVESTING IN YOUR FUTURE

**O**ur club has never been interested in fads and fake fixes. We're interested in making regular exercise a permanent part of your life. Many people with cancer have used Well-Fit memberships as springboards to a healthier life style, through a life-long commitments to exercise – a choice we hope you'll make with us.

