

IN THE CENTER

December 2014

GUMBO & GOOD TIMES

WHEN:

Friday, December 12, 2014

12:00 – 2:00pm

WHERE:

Fontana Center Conference Room

WHO:

You and a friend date or mate!

CHRISTMAS WISHES

With the Christmas Season upon us and the year rapidly coming to an end, we thought it would be a good time to reflect and be thankful for 2014. Here at The Fontana Center, we have many reasons to be thankful, and one of them is YOU! Without dedicated members like yourself, things would not or could not be the same. We sincerely appreciate you choosing us for your fitness and health needs. In this competitive market, we strive to provide a professional and welcoming atmosphere that allows anyone to feel comfortable coming through our doors.

To show our appreciation to all of you, we are inviting you to our annual Gumbo Luncheon! The lunch will be held on Friday, December 12 from 12pm – 2pm. Join us in the Fontana Conference Room for lunch, good times and good eats. Take along a friend, date or mate, we would enjoy meeting them.

“May Peace be your gift at Christmas and your blessing all year through!” – Author Unknown



Join us on the 12th!

FITNESS HOLIDAY HOURS

Christmas...

12/24/14: 5am – Noon

12/25/14: Closed!

12/26/14: 5am – Noon

New Year's...

12/31/14: 5am - Noon

01/01/15: Closed!

01/02/15: 5am – Noon

Stay tuned for Holiday class schedule!



CHRISTMAS CHEER

Would you like this Christmas season to be less stressful than last? We have a few “How To’s” on making this holiday season one to enjoy.

- Plan, Prioritize and Prepare!
- Make a “To Do” list and stick to it
- Delegate tasks to others who offer whenever possible
- Less can be more
- Don’t over indulge
- Keep your normal habits – exercise, sleeping, eating
- Remember the true meaning for the season!

CHESTER’S CORNER

Greetings Humans,

This is Chester just keeping ya’ll boned up on some cool things that dogs are doing. We have talents – the two big ones: our nose and our hearts. We can smell things thousands of times better than a human and we’re very accepting and loving. We’re putting them to use:

1. Medical Detection Dogs, for example, Daisy, who has sniffed out 550 cases of cancer using breath, skin and urine samples. She holds the world record. Published studies have shown that dogs can detect early stage cancer with 88% specificity, and 99% sensitivity. We could help provide an extremely accurate, low-cost, non-invasive, early detection screening for cancer. Early detection is our greatest cure, as of now.
2. We help those with PTSD (Post Traumatic Stress Disorder). Researchers are accumulating evidence that shows bonding with us has biological effects, such as elevated levels of the hormone oxytocin. “Oxytocin improves trust, the ability to interpret facial expressions, the overcoming of paranoia and other pro-social effects—the opposite of PTSD symptoms.
3. Goldsmiths College released a study that showed dogs will most often approach someone who’s crying or in distress than someone who is not. This shows that we are empathetic and are eager to help comfort humans in pain.
4. We comfort children with autism, help psychiatric patients and those with Alzheimers.

This just skims the surface of all the good things we can do! Thanks for learning about my species and helping us make the world a better place. RUFF!

Chester is happy to have been found, adopted and serve the staff and clients of The Fontana Center with his unique talents. Chester’s spot is open to anyone who wants to stop in and see him or ask about him.