

# EMERY FIT

Training Nutrition Massage

## July Newsletter

### PAIN FREE LIVING!

Pain comes from all different sources. If you're feeling muscle soreness, limited range of motion or feel stressed we have the specialist to help you. Sometimes a simple pain in your shoulder isn't from your shoulder at all. Our caring staff can help you find the root of your pain and come up with a plan so you can live your best life.

ME:  
I CAN'T SEE YOU ANYMORE... I AM  
NOT GOING TO LET YOU HURT ME  
LIKE THIS AGAIN!!



TRAINER:  
IT WAS A SIT UP. YOU DID ONE SIT  
UP.

### SPECIAL! SPECIAL! SPECIAL!

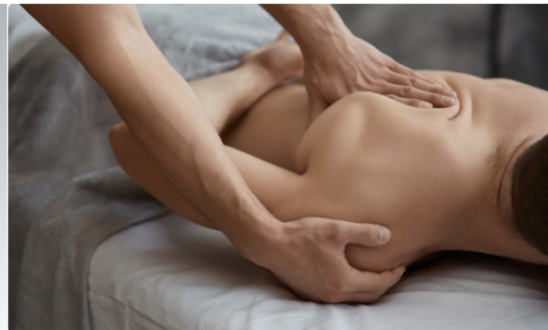
Katie has decided to give her 100% to Emery Fit and quit her other job to work here full time. Yay us! To help her fill her schedule we are offering 50% off any training or massage service if you refer a friend or family member to Katie. She is truly a gifted professional so please help us help her by spreading the word!

Get to know Katie!

# 50 % off

any training or massage service  
if you refer a friend or family  
member to Katie!

BOOK TODAY!



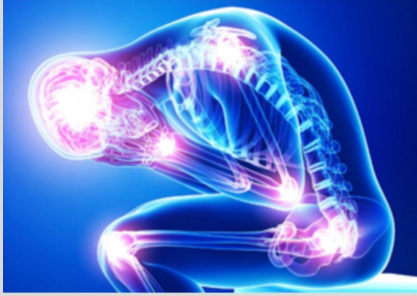
### STRETCH! STRETCH! STRETCH!

Come check out what stretching can do to benefit your body. Jason is going to do a demo of our new Stretch Fit program on **Tuesday, July 26<sup>th</sup> at 10:15** and **Friday, July 29<sup>th</sup> at 10:00**. Come on in and check it out. He may even ask you to help him demonstrate!



### PAIN PAIN GO AWAY!

*What a pain in the neck. Will it ever go away?*



Laura is launching a course called *Mind and Pain Connection*. It will teach you about the connection between body pain and emotions and stress. The information she provides is incredibly interesting and will start helping you immediately. She studied life mentoring for 1 year and culminated her training with her peers and teachers in Peru. The class she is teaching is not in Peru but will be held via zoom. Feel free to log in from Peru or the comfort of your living room. Super convenient and super helpful!!!

Reserve your spot today!

**Virtual classes** will be the first and third Tuesday of the month from 6:30 PM to 7:30 PM. The cost is \$45. Laura also offers individual mentoring sessions for \$100.



## Alpharetta Lions Club Golf Classic Charity Tournament 2022

Proceeds will benefit the Georgia Lions Lighthouse Foundation and the Alpharetta Lions general charity fund.

[Read more](#)  
[www.alpharettalions.com](http://www.alpharettalions.com)

## Foods that fight inflammation.



### Foods that fight inflammation - Harvard Health

Choose the right anti-inflammatory foods, and you may be able to reduce your risk of illness and pain. Consistently pick the wrong ones, and you could accelerate the inflammatory disease process.

[Read more](#)  
[www.health.harvard.edu](http://www.health.harvard.edu)

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*New pricing starting on August 1, 2022*



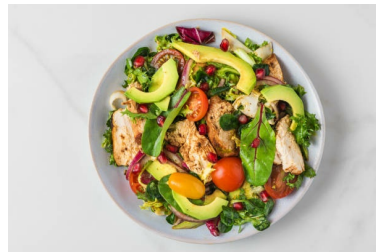
**Training:**

30 minutes \$49  
60 minutes \$83



**Massage:**

30 minutes \$63  
60 minutes \$106  
90 minutes \$149



**Nutrition:**

15 minutes \$49  
30 minutes \$89  
60 minutes \$175  
90 minutes \$261

[Nutrition Packages Available. Contact Leah for more information.](#)