

EMERY FIT

Training Nutrition Massage

770-356-9529

Saint Paddy's Day Addition

Top of the day to ya!

Saint Patrick's Day is just around the corner! Did you know that shamrocks are a symbol of good luck, prosperity and inner strength? Good nutrition habits come from planning not luck. Talk with Candice or Lucas about setting up a complimentary nutrition consultation. It will take inner strength and knowledge to change those habits but we know you can do it! No need to bring shamrocks to sessions!!!

**What do you call an
Irish spider?**

Paddy long legs



New at home senior fitness program!

Seniors have different needs when it comes to exercise. Kelli Selman has a passion for helping seniors not only maintain but improve the four key components of fitness for seniors; cardiovascular health, balance, flexibility and strength. She is certified in senior fitness so you can be rest assured she will come up with the perfect plan for the senior in your life. Call Leah at **770-356-9529** for more information on this program.

Earth Day Electronics Recycling Drive

Saturday, April 23rd
10:00AM-12:00PM

Bring your unwanted electronics to Emery Fit:
13920 GA-9 N, Alpharetta, GA 30004

Need directions? Scan here



Donations Support
our Computers
for Kids program!

Acceptable Items:

- Computers
- Laptops
- Servers
- Routers
- Phones
- Modems
- Audio/Video Equipment
- Computer Accessories

Data Destruction
Guaranteed!

Flat Screen TVs only - \$20 disposal fee per TV. *No other types of TVs accepted.

For more information, please contact Lynn Robertson: LRobertson@NewLifeTechGroup.com
Visit our website: NewLifeTechGroup.com for a complete list of acceptable/unacceptable items.

Hosted By:

EMERY FIT
Training Nutrition Massage
770-356-9529

In Partnership With:

 **NEW LIFE**
TECHNOLOGY GROUP

Electronic Recycling Drive on April 23rd!

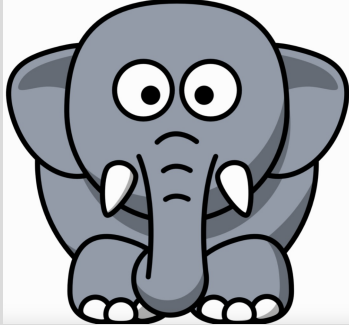
Leah has worked hand in hand with New Life Technology Group for several years and is really excited to announce Emery Fit's first Earth Day Electronics Recycling Drive on April 23rd. All your donations will support the Computers for Kids Program and reduce electronic waste from landfills.



NEW LIFE
TECHNOLOGY GROUP

Remember your appointments!

The trainers work so hard to plan a great session for you! Please do everything you can to make it in for your workout time that was specifically set aside for you! We have started sending reminders through our booking system. You can unsubscribe from these reminders if you do not find them useful. If you absolutely can't make your time **please cancel by 5:00 the night before**. Any appointments canceled after that time will be



charged since the trainers will not be able to fill that spot.

Slow Cooker Corned Beef and Cabbage Recipe



12 ingredients

Meat

- 2 1/2 lbs Beef chuck, boneless roast

Produce

- 1 2 small head green cabbage (1 pound)
- 1 lb Baby potatoes
- 4 Carrots, cut into 1-inch pieces (1 pound), large
- 1 Onion, medium
- 8 tbsp Parsley, fresh

Canned Goods

- 4 cups Chicken broth, low-sodium

Condiments

- 8 tsp Mustard, whole-grain

Baking & Spices

- 2 tbsp Pickling spice, ground
- 1 tsp Salt

Oils & Vinegars

- 2 tsp Malt vinegar
- 2 tbsp Olive oil, extra-virgin

Great Food and Giving

Val Pamperin works out often at Emery Fit and is an active member of the [Alpharetta Lions Club](#). [Casa Nuova, Alpharetta](#), is hosting **Lions Day March 23 5:00-10:00**. They will donate a portion of proceeds to support the Lion's Club. Val said if you want to have dessert to try baking her chocolate cake made with healthy ingredients.



**Lions Day at
Casa Nuova
Restaurant**

Wed. March 23, 2022
5:00-10:00 p.m.

[Emery Fit](#)

