

Give the Gift of Wellness this Holiday Season!



Physical & Occupational  
Speech & Massage Therapy

Schedule your appointment today.  
Feel better before the new year!

**BLACK FRIDAY SALES**  
Nov. 25<sup>th</sup>

Purchase your Gifts of Wellness  
**ALL DAY Nov. 25<sup>th</sup>**  
5pm until end of parade.

Phone orders 8am-12 Noon at 873-3577

**Small Business Saturday, Nov. 26<sup>th</sup>**  
Come in and draw an envelope for a chance  
to take \$ off an Excel Membership up to \$50

Gift  
Certificates  
Available

Martial  
Arts  
start at \$99  
for 3 months

20% Off  
Excel Package  
Memberships  
Open Gym /  
All Facility

Prepay  
for 3 Months  
Gym Membership  
& Receive  
20% Discount

Membership  
Fee  
Waived

Massage  
Packages  
start at  
\$115

**TWO FACILITIES, ONE GOAL** in meeting your wellness needs closer to home in Oceana County.



601 E. Main St. • Hart | 39 S. State St. • Downtown Hart  
[www.LakesideRehab.com](http://www.LakesideRehab.com)

