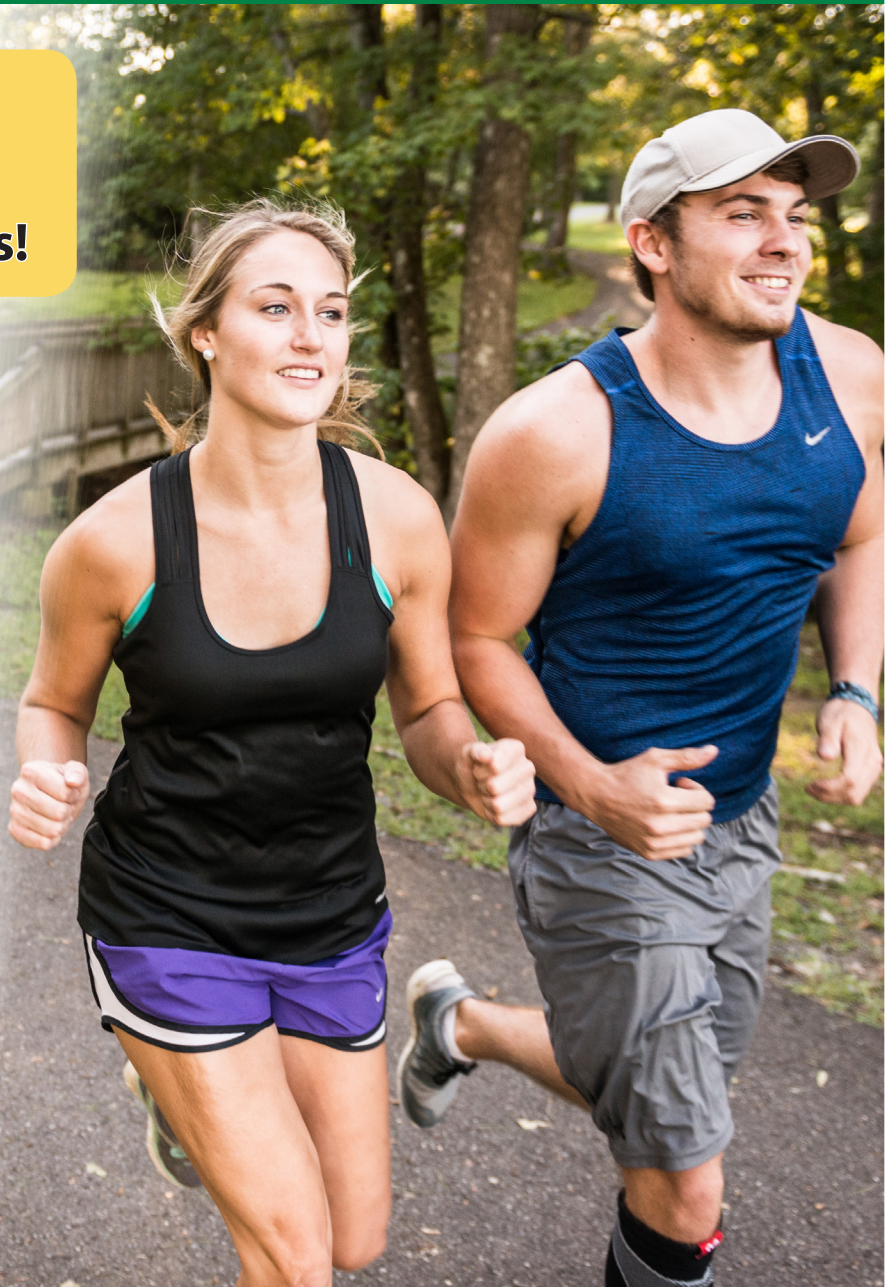


TOP 10 REASONS TO BEGIN EXERCISING REGULARLY

1. **It's FUN and FREE to employees and only \$15/month for spouses!**
2. Helps relieve pain
3. Contributes to relaxation and sleep quality
4. Improves brain health and memory
5. Promotes skin health
6. Reduces risk of chronic disease
7. Increases energy levels
8. Builds bone density and muscles mass
9. Supports weight loss
10. Promotes happiness and overall well-being



Marshall
Wellness Centers



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Guntersville, AL 35976
256.571.8850



2505 US Highway 431
Boaz, AL 35957
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