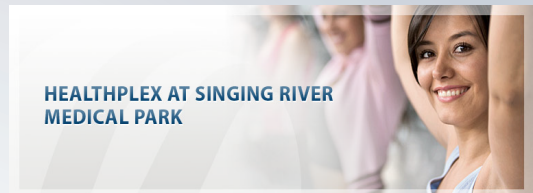




Healthplex Wellness Center

With more than 24,000 square feet of the best in fitness facilities, equipment and expertise, Healthplex will put you on the right track when it opens in February 2011. Located at Singing River Medical Park, Healthplex is the the first comprehensive health and wellness center in our area. Singing River Health System is committed to improving the quality of life in our community by delivering world-class healthcare and wellness services. Healthplex combines the equipment and amenities of a state-of-the-art wellness club with the medical expertise of Singing River Health System for the ultimate continuum of care. The Singing River Medical Park is set for completion in February 2011.



HEALTHPLEX AT SINGING RIVER MEDICAL PARK



PASCAGOULA
Service Above Self

Today's Program:
SRHS HEALTHPLEX WELLNESS CENTER

UPCOMING

Nov. 10, 2010: State Auditor, Stacey Pickering

Nov. 17, 2010: Chamber of Commerce

Nov. 24, 2010: No Meeting

Thanksgiving Holiday

**DID YOU KNOW?
NOW YOU DO!**

Only 199 Days remain until the Rotary International Convention in our district, New Orleans, Louisiana May 21-25, 2011.

<http://rotary.org/en/members/Events/Convention/Pages/ridefault.aspx?housead>



Swimming and Aqua Therapy

- Three-lane, 25-yard lap pool
- Heated therapy pool
- Whirlpool

Full Cardiovascular Training Area

- Treadmills
- Exercise bicycles
- Cross-trainers
- Rowing Machines
- Stair Climbers

Complete Strength and Conditioning Area

- Circuit training for all levels
- Free weight equipment

Group Fitness Classes

- Aerobics • Cycling • Yoga and more

Plus...

- Personal training services
- Massage services
- Luxurious locker rooms
- Babysitting services while you exercise
- Plenty of convenient parking



SCHOLARSHIP AWARDS 2010-2011

RENEWALS

John Edmond Wright
Jamee Jones
Mattie Anne Tomes
Rebecca Kent Bishop
Brondum McDaniel Krebs
Brenton Douglas Tolar
Peyton William Tolar
Valerie Evette Turgeau
Audrey Maries Hughes
Jesse Glen Hughes

Kelsey Renee Hinkel
John Kevin Tomes, Jr.
Robert Windham Jacobson
NEW
La Brandon Pickett
Ashley Renee Kraft
Brad Alexander Gordon
Allison Joyce Myers
Christopher Logan Speights
Christian Shayne Giacone
Sarah Kathryn Wiley

Second Annual Interact Contest

Grab a camera and create a short video about this year's theme, "How do you Interact?!" The winner will be featured online at www.rotary.org and will receive a certificate signed by RI President Ray Klinginsmith. For more information: www.rotary.org/RIdocuments/en_pdf/membminute0908_en.pdf