

MyCurves.com

MyCurves.com is a great website... you'll be surprised by how much interesting information there is ..

Life Simplify Your Life... great tips on an amazing range of things to help deal with that long to do list!

Boards Message Boards... on a broad range of subjects from weight loss and workouts to International Café where you can network with women around the globe.

Recipes Recipes... dozens of Curves recipes PLUS a messageboard of member recipes —“Curves Test Kitchen”

Spotlight Member Spotlight... inspiring stories of 15852923 members who have changed their lives through Curves

MyJournal MyJournal... keep your own private Journal online

Motivational Minute ... for that pick-me-up!

Want to be the biggest loser this month ? You could **win two tickets to the Chepstow Races!** So don't delay...book in for your monthly weight and measure!

On **Sunday 6th December** at 11am, our staff are leading the warm up for the 300 runners at the **'Santa Run'**. Come along to take part or support the staff!

December Charity

This month we are asking our kind members to donate some Christmas gifts for the children at the **Ty Hafan Children's Hospice in Cardiff**. You will find a list of the children and their ages in club. Those that donate will be given 5 stars! We will be taking the gifts to the children on December 18th.

November's events were a huge success!

Thanks to Sarah, for her fab Line Dancing session and thank you to Liz for her free physiotherapy clinic.

Book in now ladies for the events this December December 17th 3.30 – 5.30 Free Physiotherapy clinic.

Bone Density Scan Tuesday 12th January 2010 – ask staff for more details.

Our **Weight Management Plan** has proven to be a huge success! Chepstow member **Lucy Sweeting** has been on the programme for 8 weeks and has lost a fantastic **18lbs!** As well as dropping from a clothe size 16 to a 12-14! She says **“the 5 healthy small meals a day suit my lifestyle and I love the tasty food options.”**

Weight Management Dates for December

Caldicot - December 9th
Chepstow - December 12th

Come along to our **20 minute mindful eating class** on the above dates, use it as your focus for this christmas and **earn 5stars!**
Members and non-members all welcome!

Opening Times over Christmas

Christmas Eve – 8-12am
Christmas Day – CLOSED
New Years Eve – 8-12 am
New Years Day – CLOSED

A Merry Christmas and a Happy New Year to you all from all the staff here at Curves!