

BRANCHES

Connection

A monthly update from Branches Counseling Center

January, 2018



Happy New Year!

Welcome to 2018 and all the great things ahead! We hope you'll come along with us as we continue to grow and develop this year!

With the new year, we are excited to present these three great ways to refocus on your health!

- ***Weight Loss Packages, Discounted for the New Year***
- ***Emotional Eating Support Group***
- ***REFIT Physical Fitness Program***

With gratitude we begin another year of *Recovering Hope and Restoring Lives!*

What's New at Branches?



Quick Links

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Christmas Open House

What fun we had greeting friends and family at our Christmas Open House! Thank you to our friends at Senior Financial Advisors for sponsoring this annual event!



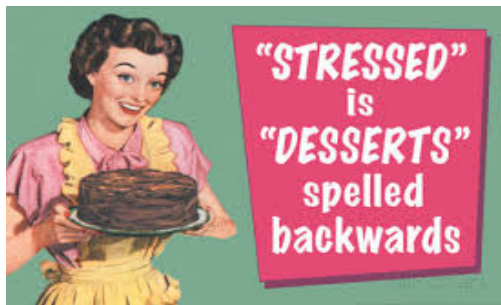
Kevin, Daniel, Mike

New Year Special on Weight Loss Packages

This year, become a healthier, happier YOU at Branches Weight Loss and Wellness. We can help you lose weight and improve your health. Right now, for a limited time, we are offering "New Year, New You" discounted packages saving you around 40%!

[Visit Our WEBSITE for Details](#)

Emotional Eating Support Group



Do you find yourself eating when you're not really hungry? Do you use food as a source of comfort when you're feeling sad, anxious, or bored? You might be an emotional eater. Maybe you know this about yourself but feel powerless to change.

YOU ARE NOT ALONE!

Join the Emotional Eating Support Group to get the education and support you need to change.

When? Wednesday nights, 6-7:30 PM



Molli and Family



Doris, Shannon, Lana



JonMical, Mike's grandson



Beginning? February 7 for 8 weeks
Cost? \$60 (\$30 deposit to reserve spot)
Group Leader? Debi Russell
Group Size? Limited to 10 Participants
Where? 1102 Dow St, Murfreesboro

Each session will include education on dealing with emotions in healthy ways and will provide a safe place for open sharing to receive the support of others.

Register by calling Branches TODAY!
615-904-7170



REFIT combines several elements of fitness into one power-packed hour. While focus is structured around CardioDance movements, toning and flexibility, strength training and stretching are also incorporated into the REFIT workout. The workout formula is easy to follow. It challenges *fitness enthusiasts*, yet *welcomes beginners*! REFIT is more than physical fitness - REFIT targets mind, body, and soul while building community and connections with others.

Branches Weight Loss and Wellness is pleased to offer REFIT to you in our newly renovated space!

Fred and Family



So many tasty treats!

Daily Blog by Mike



Once again, Mike Courtney our founder and director, is starting the new year with a daily devotional blog. Hundreds of our friends are following along as Mike shares his thoughts that flow from Deuteronomy, Proverbs, and Corinthians. You'll love his warm, friendly writing style, his stories about grandsons, mishaps, and adventures. But, most of all, you'll be challenged by the deep truths that weave themselves into your heart.

When? Saturdays at 9 am
Beginning? January 20, ongoing
Cost? \$3/week, pay at the door - 1st session free!

Where? 1102 Dow St, Murfreesboro, enter side door

Childcare? Not provided

*No Reservations Needed!
Just come and bring a friend!*

New to REFIT? [LEARN MORE](#)

Follow us on [FACEBOOK!](#)



Stay connected with us on [Facebook!](#)

We like to post pictures, events, uplifting thoughts, and helpful links and articles.

Like it and share it!!

[CLICK Here to Follow Mike's Blog](#)

Thank You SO Much!

Thank you! Your faithful financial support has made it possible for us to continue offering Financial Scholarships for counseling and weight loss this past year! We thank God for you!

From the beginning, we've been committed to providing services to those who need it - regardless of their ability to pay. That means, **we rely heavily on friends like you** to help fill the gap between our costs and what our clients are able to pay.

Your investment of a one-time or recurring gift makes hope and restoration possible for kids, teenagers, and moms and dads. It's easy to give online, through automatic payment from your bank, or by check. Prayerfully consider a gift today.

[CLICK to Donate](#)

Please visit our [Branches Website](#)
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