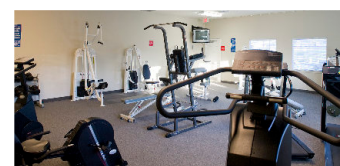


Here's to a Healthy and Happy New Year!



The New Year is upon us and that usually means it's time to diet! Here is a short list of slimming superfoods to get you started down the right path: Black beans, Oats, Avocados, Salmon, Blueberries, Broccoli, Brown rice, Pears, Wine, Grapefruit, Kidney beans, Almonds, Green tea, Lentils, Bananas, Eggs, Dark chocolate, Oranges, Potatoes, Pine nuts, White beans, Cheese, Low-fat milk, Garbanzo beans, Pearl barley, Quinoa, Plantains, Hot peppers, Collard greens, and Coffee. There were some yummy surprises on this list! Just remember to keep everything in moderation!

## Upcoming Events

01/11 - Early Out Snack

01/20 - Family Movie Night (Storks, PG)

01/25 - Early Out Snack

01/26 - Ladies Potluck Bingo

The DeLuz Fitness  
Center is available  
Monday through Friday  
8:00am - 6:30pm

Let DeLuz be a part of your  
healthy New Years  
Resolution!

Come down and take  
advantage of this great  
amenity!

