



Experience Your Best



DATE: January 27, 2010

Get Started Today,  
**\$20.10 in 2010**  
 Call **310 TRIM** Today!



Experience Your Best!

### Get Connected!



As a valued member of the World Health family, we would like to invite you to become a fan on **Facebook**, **LinkedIn** and follow us on **Twitter**. By following us and becoming a fan, you will have access to the latest promotions, contests, health tips and advice from our fitness experts. You will also receive the latest updates on all the exciting new developments happening at World Health every day.

In addition, you will be able to communicate with the World Health team, post pictures and videos, ask questions and participate in interesting discussions. We are here to help you discover all of the benefits of being a World Health member through our social media channels. We look forward to your input and feedback.

win **one** of **six**  
 smart cars!!!



**CLICK HERE**  
 for more details

### Group Ex Winter Launch



Get ready for Winter Launch Classes starting Jan 28<sup>th</sup> - 31<sup>th</sup>

[Read More](#)

### Welcome to Our New Blog!



Strengthening our dialogue with our members.

[Read More](#)

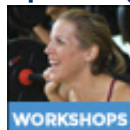
### Group Ex at Londonderry



Group Ex classes are now available at Londonderry.

[Read More](#)


### Upcoming Workshops




Get up-to-speed on the latest Group Exercise programs.

[Read More](#)

**Join Our**  
 Winter Weight Loss  
 Challenge



**Memberships**  
 Joining is easy and our plans are flexible



**Group Exercise**  
 All of our programs are geared for fun



**Refer a Friend**  
 Invite a friend to try World Health & work out together!



**News & Events**  
 See what we have planned in the coming months

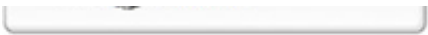



### Calgary Roughnecks: Get Rough!

Get rough, get tough and get ready for the Battle of Alberta at the Pengrowth Saddledome on February 5, 2010 at 7:30 pm. The Calgary Roughnecks will take on the Edmonton Rush in a game that is sure to thrill. It's also Michael Jackson theme night so don't forget to wear your silver gloves.

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By [clicking here](#), and using the exclusive password, "WHC", World Health members can save 15% off game day pricing! Be sure to tell your friends and family members – it's going to be a game to remember.



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