



# Happy Blue Year!

## HAPPY new year 2011

### OUR MISSION

Empowering individuals with health solutions that enable them to get well and stay well.

### OUR VISION

Healthy people... body, mind, and spirit.

### OUR PROMISE

Work Systems will consistently demonstrate

*dependability,  
trustworthiness,  
respect*

as we empower individuals with functional health solutions.

Work Systems Rehab & Fitness, P.C. invites you to a:  
**FREE Health Revolution Seminar**

Tuesday, January 11, 2011 @ 6:30 pm  
308 SE 9th Street, Pella, Iowa

During this workshop, we will count down the *Blue Year* with...

- 3 figures: how to increase your chances of living a century
- 2 magic numbers for physical activity
- 1 valuable relationship: a FREE personal health coach

**Make 2011 your *Year of the Blue Zone***



Sign up by:

Calling Work Systems at 628-4622 or  
Emailing [PellaClinic@WorkSystemsPC.com](mailto:PellaClinic@WorkSystemsPC.com)

