



# HELP YOUR HEART **THRIVE**

World Hypertension Day is May 17th

**ENJOY A COMPLIMENTARY THRIVE SESSION**

**Register for a complimentary 30-minute  
THRIVE Session on World Hypertension Day, May 17th!**

Register at the Front Desk or in your Member Portal.

**Morning Sessions: 9:00am, 9:45am, 10:30am**

**Evening Sessions: 4:30pm, 5:15pm, 6:00pm**

**Plus FREE Blood Pressure Checks and Body Composition Assessments!**



Email Membership Integration Specialist, Sarah Wies at [swies@thearenaclub.com](mailto:swies@thearenaclub.com) for more information!