

## Education Plus Package

*Free and Discounted Services to Members include:*

Service/Program	Non-Members Cost	Member Discount	Member Cost	Service Description
<b>Women's Ongoing Large Group Forums &amp; Brunches (6 topics/year)</b>	\$42	\$42	\$0	Members are treated to Saturday morning brunches, and afternoon and evening lectures with refreshments, which combine fun, friendship and learning. Six topics such as the following are offered on an on-going basis throughout the calendar year. <ul style="list-style-type: none"> <li><i>Eating for a Healthier You</i></li> <li><i>Calamity Sue</i></li> <li><i>Women and Friendship</i></li> <li><i>Keeping Your Brain Healthy</i></li> <li><i>Healthy Skin, Happy You</i></li> <li><i>Common Questions in Women's Health</i></li> </ul>
<b>Women's Ongoing Small Group Discussion (4 Sessions)</b>	\$40 (\$10 each)	\$40 (\$10 each)	\$0	Members receive coupons to attend up to four small group discussions for free. Choose from small group discussions such as <ul style="list-style-type: none"> <li><i>Eating Mindfully</i></li> <li><i>Sleuthing the Grocery Store &amp; Deciphering Labels</i></li> <li><i>Your Body as You Age</i></li> <li><i>Brain Teasers, Mind Games</i></li> <li><i>The Balancing Act: Taking Care of You &amp; Others</i></li> <li><i>Calming the Inner Storms</i></li> <li><i>Say What You mean, Mean What You Say.</i></li> </ul> Offered on an on-going basis throughout the Sanford Women's Programming calendar year, this small group gathering allows participants to discuss and learn about relevant and current topics.
<b>Stretch, Strength, &amp; Flexibility Class</b>	\$14	\$14	\$0	Offered Monday through Friday from 6am-7:30pm, these small group movement classes encourage balance, strength, and flexibility. Members receive a coupon to attend two \$7 Stretch, Strength, & Flexibility Classes of their choice for free. <ul style="list-style-type: none"> <li><i>Matworks</i></li> <li><i>Yoga</i></li> <li><i>MVe Pilates</i></li> <li><i>Oh My Aching Back</i></li> <li><i>Yoga-lattes</i></li> <li><i>Progressive Strength for More Mobility</i></li> <li><i>Quieting the Mind While Stretching the Body</i></li> <li><i>Posture Plus!</i></li> <li><i>Re-abdominals</i></li> <li><i>Healthy Joints</i></li> <li><i>Minutes for Me</i></li> </ul>
<b>One-to-One Learning Session (2 Sessions)</b>	\$100 (\$50 each)	\$10	\$90 (\$45 each)	Members receive \$5 savings on two One-to-One Learning Sessions with an expert to tailor one's learning session to meet one's goals. <ul style="list-style-type: none"> <li><i>Nutrition:</i> Nutrition Consultation with Coaching - 30min Choosing Heart Healthy Options -60 min. Choosing the Best Nutrition for My Personal Health Challenges -60 min. Choosing to Eat -60 min.</li> <li><i>Wellness</i> Working Out at Home with Guidance -60 min.</li> <li><i>LifeStyle Choices</i> Quieting Your Mind and Body -60 min. Juggling the Chaos -60 min. Finding Time for Me -60 min.</li> <li><i>Communication</i> Healthy Communications Connections -60 min. Talk the Talk -60 min.</li> </ul>
<b>A Saturday for Me</b>	\$30	\$2	\$28	Save money on this annual one day event for women to come together to laugh and learn. A national speaker gives a message that promotes a healthy you.
<b>Jewelry from Mutch Women's Center for Health Enrichment</b>	Full Price	10% off	Cost Varies	Accessorize your wardrobe with a new piece from our collection of jewelry, made especially for Mutch Women's Center for Health Enrichment participants
<b>TOTAL</b>		<b>\$108 In Discounts</b>	<b>Pay a \$70 Membership Fee to receive \$108 in discounts – a \$48 savings</b> <ul style="list-style-type: none"> <li><b>Plus Learn and Earn Program</b></li> <li><b>Plus Business Partner Discounts/Savings</b></li> </ul>	

## Education Plus Member's Add-on Options

Receive additional savings on Mutch Women's Center for Health Enrichment services by purchasing package *Add-ons to your Education Plus membership*

- 1) Start with the Education Plus Package for \$70.00
- 2) Receive Additional Savings for each "Add-on" Option" purchased
- 3) The more you add the more you save.
- 4) Choose from Add-on Options below to make your membership right for You!

### Add on Options:

<u>Add on Options:</u>		
<p style="text-align: center;"><b><u>Members Only</u></b>  <b>10 Stretch, Strength and Flexibility Classes PunchCard - \$65</b>                  (10 classes @ \$7 = \$70)                  (\$5 Savings)</p> <p><b>Member Bonus:</b></p> <ul style="list-style-type: none"> <li>▪ Receive One Free Stretch, Strength, and Flexibility Class when you turn in your filled "Members Only" PunchCard. (\$7 value)</li> </ul> <p><b>Non-Member: \$72</b>  <b>Member: \$65</b></p>	<p style="text-align: center;"><b>Health Behavior Change Session</b>  <b>"Add-On" Cost \$35</b>                  (\$5 Savings)</p> <ul style="list-style-type: none"> <li>▪ Individual one hour consultation, helping you discover and choose a plan of change that is right for you.</li> <li>▪ One Follow-up via email or phone to keep you going on your plan.                      – <i>You Choose</i></li> </ul> <p><b>Non-Member: \$40</b>  <b>Member: \$35</b></p>	<p style="text-align: center;"><b>Health Behavior Coaching Session</b>  <b>"Add-On" Cost \$55</b>                  (\$5 Savings)</p> <ul style="list-style-type: none"> <li>▪ Individual one hour session with a Health Behavior Coach to help you set your daily health goals, plan of action, and your motivators.</li> <li>▪ 4 weeks of coaching support follow-ups via email and/or phone to keep you going to meet your goals.                      – <i>Choose what works for You!</i></li> </ul> <p><b>Non-Member: \$60</b>  <b>Member: \$55</b></p>
(Total of \$12 Savings)	(\$5 Savings)	(\$5 Savings)

Add-On Service	Non Member Cost	Member Discount	Member Cost
11 Stretch, Strength and Flexibility Classes	\$72	\$7	\$65
Health Behavior Change Session	\$40	\$5	\$35
Health Behavior Coaching Session	\$60	\$5	\$55

***If you are a woman who wants it all ...***

Education Plus Membership	\$70	
11 Stretch, Strength and Flexibility Classes	\$65	
Health Behavior Change Session	\$35	
Health Behavior Coaching Session	\$55	
<b>TOTAL</b>	<b>\$220.</b>	<b>A Total Savings of \$70.</b>

## It's Your Choice Membership Learn and Earn Program

Programs and services in which members can learn and earn points are listed in the table below. Once you reach certain milestones, learn and earn gifts are available to you. To acquire points, simply bring your membership card to qualifying programs and services and receive your points when you check-in.

### Learn and Earn Points *Learn and Earn Points are carried over from year to year*

Program or Service	Points
Mutch Women's Health Library Checkout ( <i>Per Visit</i> )	1 point
Large Group Forums and Brunches	2 points
Small Group Discussion Sessions	2 points
Saturday for Me	3 points
One-to-One Learning Sessions	5 points
Health Behavior Change Sessions	5 points
Health Behavior Coaching	7 points
Filled Stretch, Strength, & Flexibility PunchCard	10 points

Redeem your "learn and earn points" for the Member Learn and Earn Gifts listed below:

### Member Learn and Earn Gifts

Member Participation Gift <i>Redeem Your Points for One of the Following Gifts:</i>	Redemption Points
\$10 Gift Certificate to Sanford Gift Shop	20 Points
\$15 Kaladis Gift Card	20 Points
\$15 Zandbroz Variety Gift Card	20 Points
Inspirational Book	30 Points
\$20 Sticks and Steel Gift Card	40 Points
\$20 Bracco's Gift Card	40 Points
Relaxation CD	40 Points
\$20 Spezia's Gift Card	40 Points
\$25 Minervas Gift Card	50 Points
Saturday for Me Priority Table Seating	50 Points

## Business Partner Discounts

Business Partner	Business Description	It's Your Choice Member Benefit
<b>Agape Salon and Spa</b> 2200 W 49 <sup>th</sup> St, Ste 101 Sioux Falls (605) 331-2559	Receive beauty and wellness in a comfortable, relaxing environment. Highly skilled professionals provide quality hair, nail and skin care services and therapeutic massages by licensed professionals.	10% Off Product Purchase (does not include services)
<b>Aquarious Beads and Gifts, Inc</b> 2142 W 41 <sup>st</sup> St, Sioux Falls (605) 331-4999	A full service bead store helps you design and make jewelry with many finished pieces available for sale. We offer free classes, hosted parties, and a bridal service.	10% Off All Beads (excluding sterling silver and 14k gold)
<b>Beauty by Betty Lou</b> 5204 St. James Dr, Sioux Falls, (605)361-5087	Make party and home decorating easy. Services include all-occasion parties, weddings, seasonal decorating and home makeovers. Check out the website at <a href="http://www.beautybybettylou.com">www.beautybybettylou.com</a> .	25% Off Wedding Package Over \$250 20% Off Party Package Over \$100 20% Off Home Makeover Over \$100
<b>Bracco's Restaurant</b> 5001 S Western Ave Sioux Falls 605-334-7491	Bracco, world café & island bar – offers an escape from the outside world with island and Pacific-Rum inspired menu & vacation cocktails. Open for lunch and dinner.	\$5 Gift Card
<b>Gotcha Covered</b> Sioux Falls (605) 321-1405	Faux Finishes and Decorative Painting Specializing in walls, ceilings, pillars, and floors. Making you fall in love with your home all over again.	\$100 Off Any Finish of \$500 \$200 Off Any Finish of \$700 or More
<b>Home Porch/Gift Baskets by Design</b> 225 S Phillips Ave, Sioux Falls (605) 334-7507	Gifts and gift baskets for any season and for every reason, including South Dakota made gourmet foods; chocolates, candy and fudge; unique gifts, jewelry, art, and pottery.	20% Off Single Regular Priced Item
<b>Kaladi's</b> 1716 S Minnesota Ave 121 S Main Sioux Falls (605) 334-7507	A full scale coffee house featuring freshly brewed coffee and espresso drinks. The bakery goods are made from scratch and sandwiches are made to order. Two locations to serve you.	Six punch Kaladi's coffee punch card receive double punches with every coffee purchase.
<b>Minervas Restaurant</b> 301 S Phillips Ave, Sioux Falls (605) 334-0386	Since 1977 Minervas restaurant, in the heart of historic downtown Sioux Falls, has been defining quality food and exceptional service. The place to be is Minervas. The only thing missing is you	Certificate for \$10 off \$30 purchase or \$20 Off \$100 Purchase
<b>Sertoma Butterfly House</b> 4320 S Oxbow Ave Sioux Falls (605)334-9466	Hear sounds of the waterfall, relax in the midst of lush, green plants at a comfortable 80 degrees, and enjoy 1000-plus colorful butterflies from around the world.	\$2 Off Admission
<b>Spezia Restaurant</b> 1716 S Western Ave, Sioux Falls (605)334-7491	Italian-inspired casual dining featuring innovative pastas, wood oven Roman pizzas, risotto and gnocchi – new wood fired-grilled steaks and fish. Open for lunch and dinner.	\$5 Gift Card
<b>Sticks and Steel</b> 401 E 8 <sup>th</sup> St, #118, 8 <sup>th</sup> & RR Center, Sioux Falls, (605)335-7349	When out of the ordinary is all that will do. Works of art for him and her from wine racks, wind chimes, mirrors, magnets, baubles to blankets and more!	10% Off Regular Priced Merchandise
<b>Your Secret Kitchen</b> 433 W 69 <sup>th</sup> St, Sioux Falls (605)271-1574	Prepare 6-12 homemade meals in under two hours! We plan the menu, grocery shop, chop, dice and clean up. Cooking can be so simple. South Dakota meals at South Dakota prices!	Buy 9 Meals and Receive the 10 <sup>th</sup> FREE (A \$15-\$20 Value)
<b>Zandbroz Variety</b> 209 S Phillips Ave, Sioux Falls (605)331-5137	A locally owned store provides an eclectic selection of books, stationery, bath and body, jewelry, toys and gifts. You'll enjoy the restored turn of the century soda fountain and coffee bar.	10% Discount on Purchase

## How to Join!

### *It's Easy ....*

- 1) Print off and complete the Mutch Women's Center for Health Enrichment [It's Your Choice Membership](#) program enrollment form and send it to the address below along with your \$70.00 fee. (Membership valid for 12 months)
- 2) Add on optional services if you desire and enclose with your membership payment.
- 3) Take advantage of the many discounts offered to you as a member.
- 4) Earn member points while utilizing Mutch Women's Center's programs and services (Learn and Earn Points are carried over from year to year)
- 5) Redeem your learn and earn points as you desire for learn and earn gifts.

To join, simply print off and complete the attached enrollment form. Send your payment and completed form to:

**Mutch Women's Center for Health Enrichment  
5019 S Western Ave  
Sioux Falls, SD 57108**

You will receive your *It's Your Choice* member packet, complete with membership card.

*If you have any questions, call us at (605)328-7155.*

### ***It's Your Choice Membership Enrollment Form***

Please complete the enrollment card below and send to Mutch Women's Center for Health Enrichment. Please include your membership payment with the enrollment card.

First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_ Last Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Primary Phone \_\_\_\_\_ Secondary Phone \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Personal Physician \_\_\_\_\_

Physician's Clinic \_\_\_\_\_

Birthdate \_\_\_\_\_

Last Four Digits of Social Security Number \_\_\_\_\_

*(this number is used for membership identification)*

Sanford Health Employee:    \_\_\_\_ yes    \_\_\_\_ no

**Payment Option**

<b>Basis Membership</b>	<b>Cost</b>	<b>Your Total</b>
Education Plus Membership	<b>\$70</b>	
<b>Package Add-ons</b>		
Stretch, Strength & Flexibility PunchCard	<b>\$65</b>	
Health Behavior Change Session	<b>\$35</b>	
Health Behavior Coaching Session	<b>\$55</b>	
<b>TOTAL Membership Fee</b>		

**Check Enclosed**

**Credit Card:**     Mastercard     Visa     Discover

Credit Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_