

Week of March 13, 2017

Thought for the week: "Live in such a way that if someone spoke badly about you, no one would believe it."

***GET TO KNOW OUR NEW HEALTH CLUB MANAGER**



We are pleased to welcome Nathan Nauert as manager and trainer at Stamford Health Club. Nathan has worked in the fitness industry for over 10 years. He is a native of Stamford and graduated from Stamford High School in 2001 and attended Texas Tech University where he was a walk on for their football team. He later transferred to Tarleton State University where he served as an athletic trainer and assistant strength and conditioning coach.

Nathan is passionate about the benefits of exercise and has been able to transfer this passion to his career. He has worked as a corporate wellness advisor and a certified personal trainer. In 2009, he moved to San Antonio where he played semi-pro and arena league football. During that time, he also worked as a trainer for Life Time Fitness where he served as a group training coordinator and specialized in corrective exercise and performance exercise.

In 2014, Nathan moved back to Stamford to work for Mathis and Sons, but always hoped he would have the opportunity to work as a trainer again. Nathan says he loves helping his clients achieve their fitness goals while transforming their health through exercise and nutrition and he is looking forward to working with the community of Stamford and surrounding areas.

In addition to his duties as manager, Nathan will offer private and group training sessions as well as a new Fit Start Program which will include tiered classes, accountability, cardio map assessment, personal nutrition coaching and education. Nathan will also continue teaching favorite classes including Silver Fitness and Ripped. He also plans to add new classes to the schedule. For more information about Stamford Health Club and to schedule a free assessment, please call 325-338-5299.

***DID YOU KNOW...** Full time employees (regularly scheduled 32 hours or more per week) at SHCS receive a special rate at Stamford Health Club?

-Employee rates are: \$15 monthly for individuals, \$25 for couples, and \$30 for a family.

-Regular prices are: \$30 for individuals, \$55 for couples, and \$60 for a family.

-We also offer one on one training for \$35 per hour session and group training for groups of 3 or more for \$20 per session.

Contact Nathan at 338-5299 or see Liz in the Business Office for more information and to become a member today!

***CONGRATULATIONS!** Birgitta Neal was recently promoted to Revenue Cycle Manager and Melody Hicks was recently promoted to Business Office Manager.

UPCOMING EVENTS

***CREATE DRAWING- WEDNESDAY, MARCH 15TH-** 3 PM in the Cafeteria- Don't forget to let your coworkers know how much you appreciate them by writing CREATE cards!

***STAMFORD CHAMBER OF COMMERCE BANQUET-THURSDAY, MARCH 23RD at 6:00-** For more information, contact Johnna at 1117.

***PROVIDER APPRECIATION FIESTA- TUESDAY, MARCH 28TH-** Come help us say thank you to our providers for all that they do! Lunch will be provided at noon in the lobby.

***WE ARE GROWING!** You may have noticed a lot of new faces around our facilities recently. We have welcomed 13 new employees on-site since February! We hope you will take a moment to help welcome these new employees with an email, a CREATE card or just a warm hello in the hall!



New employees attending our February orientation are pictured left to right: Harlan Buzzard (Plant Operations), Jamie Lee (Business Office), Jacky Ocampo (Laboratory 2), Laci Stewart (Business Office), and Jennie Rhymes, FNP (Stamford Health Clinic/ SWIC).



New employees attending our March orientation are pictured left to right: Amy Manske (Laboratory 2), Lori Simon (Accounting), Serviano Abenes, Jr. (Laboratory 1), Corey Farquhar (IT), Jean Hyder (Human Resources), Kimberly Mendez (Regional Services), and not pictured, Johnnie Leverett (Country Elegance).