



WELCOME TO OUR

Monthly Newsletter

New Year. New You



NOMINATE A WOMAN OF INFLUENCE

Heart of Southwest Michigan

GIVE BACK TO THE ULTIMATE GIVER!

Do you know a woman who goes above and beyond, making a difference in our community? Let's honor her incredible contributions and unwavering spirit by providing her with a premier makeover fit for royalty.

Nominate a woman whose remarkable acts within our community deserve wide recognition.

HOW TO NOMINATE

- **Submit Your Nomination:** Go to our website and Share her story and why she deserves to be celebrated.
- **Spread the Word:** Encourage friends and family to nominate and support these amazing women.
- **DEADLINE FOR NOMINATIONS IS MONDAY FEBRUARY 10, 2025.**

MORE DETAILS TO FOLLOW!



SCAN THIS QR CODE TO
SHARE THIS WOMAN'S STORY
AND WHY SHE DESERVES TO
BE CELEBRATED.



No excuse Weight Loss

JUMP START your health & wellness today

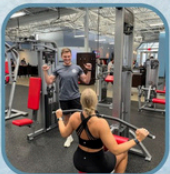
JOIN US as we join forces with the RAC to present you with an exclusive offer! Start your weight loss journey with us & mention TAL SPA to receive three 60 minute personal training sessions for just \$180.00. **If you act now**, you will also receive a coupon for a complimentary week at the gym!



THE *Aesthetics*
Lounge and Spa
SAINT JOSEPH, MICHIGAN

INTRODUCTORY PERSONAL TRAINING PACKAGE

*3/60 minutes sessions
for \$180*



First-time clients, take advantage of this exclusive offer to get firsthand experience working with one of our Certified Personal Trainers!

E-mail Fitness Director, Rob at rbraden@racbh.com to get set up a personal trainer who is the perfect fit for you!



We recognize that losing weight can be difficult, especially when your schedule is busy. Sometimes, all you need is a straightforward boost to get started. No matter what assistance you require, we are here for you. Reach out to us for a complimentary consultation—remember, you are the only one who can achieve this goal for yourself. Our weight loss program has shown remarkable results. Our clients collectively have shed an impressive total of 1,650 pounds. That's roughly the weight of two grand pianos, for those who are curious...



Healthy Cottage Cheese Banana Bread

TAL GALS APPROVED!



Ingredients

- 2 ripe bananas, mashed
- 3 eggs
- 1/2 cup cottage cheese
- 3 tablespoons maple syrup (adjust to taste if you want sweeter)
- 2 teaspoon vanilla extract
- 2 1/2 cups almond flour**
- 1 teaspoon baking soda
- 2 teaspoons cinnamon
- Optional mix-in's: walnuts, chocolate chips or blueberries are all great

Instructions:

1. Preheat oven to 350 degrees and line a loaf pan with parchment paper and grease
2. In a large bowl, mix together the bananas, eggs, cottage cheese, maple syrup and vanilla until smooth
3. Mix in the almond flour, baking soda and cinnamon until fully combined (depending on the brand cottage cheese you use, it may be chunky – that is ok!)
4. Pour batter into loaf pan and bake in oven for about 50 minutes, covering with foil after 30 minutes or so if the top is starting to brown a bit
5. Remove from oven once cooked (I stick a toothpick in to test)
6. Allow the bread to cool, then slice, and enjoy!

Community Stewardship

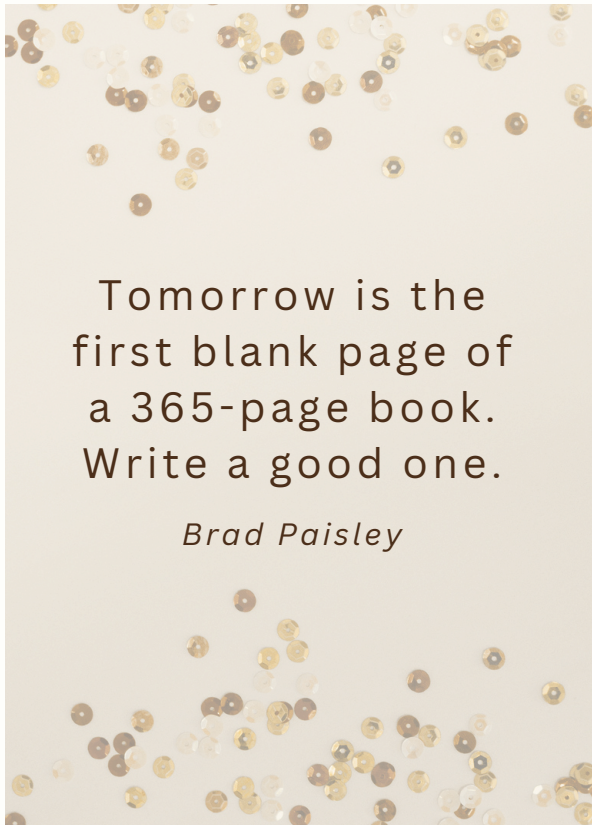


Katherine Francis of Berrien County Animal Services, Ella Olson & Teri Cooper of TAL SPA

We asked. You responded.

We extend our heartfelt thanks to all our clients who graciously supported **Toys for Tots** and **Berrien County Animal Services**. Katherine Francis, the Outreach Coordinator for Berrien County Animal Services, joined us in gathering the donations and taking a memorable photo together.

MIND & SPIRIT



Tomorrow is the first blank page of a 365-page book. Write a good one.

Brad Paisley

TAL- SPA CALENDAR

January 2025



SU	MO	TU	WE	TH	FR	SA
			1 closed	2 open 10-5	3 open 9-2	4 closed
5 closed	6 open 10-5	7 open 12-7	8 open 10-5	9 open 10-5	10 open 9-2	11 closed
12 closed	13 open 10-5	14 open 12-7	15 open 10-5	16 open 10-5	17 open 9-2	18 closed
19 closed	20 open 10-5	21 open 12-7	22 open 10-5	23 open 10-5	24 open 9-2	25 closed
26 closed	27 open 10-5	28 open 12-7	29 open 10-5	30 open 10-5	31 open 9-2	

Saturdays by appointment only



Can you spot the hidden image? Although we can't reveal what it is, it relates to winter. Children of **all** ages enjoy spending time outside and creating these chilly figures. Keep in mind that snow is essential for crafting this adorable character.

The first person to discover the image should text or call (269) 429-7368 sharing both what it is and where you found it. In return you will receive **\$50 off a service** during the month of January. If you've already claimed your prize, please allow someone else the opportunity.



TAL SPA SURVEY

Now is the time to tell us how you really feel! We would be delighted to hear your thoughts.

Scan Me!

