

NEWS RELEASE



For more information, contact:
Gail Wade
252 535-8111
gwade@halifaxrmc.org

For Immediate Release

HALIFAX HEALTHLINK OFFERS DISCOUNT TO LOSE HOLIDAY POUNDS

ROANOKE RAPIDS, NC. (December 28, 2009)--Halifax HealthLink is offering a special discount for area residents making New Year's resolutions to lose weight.

The fitness center is offering a special low rate for new members for January, only \$25. "We want to make it easy for people to lose those holiday pounds and make their New Year's resolutions come true," said Jackie Cieslinski, HealthLink coordinator.

In addition, current members who get a friend to join will receive 50% off their membership fee for one month. To improve access, HealthLink will be open from 6:30 a.m. until 7 p.m. Monday through Friday, at least through the first quarter of 2010.

"At Halifax HealthLink, we are all about improving the fitness of children and adults," said Cieslinski. "Exercise and eating right are the keys to losing weight, and our professional staff has the expertise to help members return to a healthy condition."

Halifax HealthLink offers a variety of membership packages for adults, children and families. Located at Becker Village Mall, Halifax HealthLink has a broad range of exercise equipment and offers personal attention from the staff. "Our members report that the social interaction is both enjoyable and motivational," said Cieslinski.

Halifax HealthLink is a service of Halifax Regional, a not-for-profit community-based organization. For more information, call Cieslinski at 535-4334 or visit www.halifaxregional.us.

###

About Halifax Regional

Halifax Regional Medical Center is licensed for 204-beds, including psychiatric and nursery. A non-profit organization, Halifax Regional is fully accredited by the Joint Commission. For more information, visit www.halifaxregional.us.