

Health First Participating Vendors

(Updated as of 2/01/2012)

Acupuncture Works

Acupuncture

Receive a \$10 discount for each of 3 regular-priced acupuncture treatments every calendar year.

1605 Monroe Street, Suite C, Madison, WI 53711

Amy P. Crikelair, M.Ac.C.A.,

1-608-250-2536

www.acu-works.com

Advance PT & Sports Rehab

Massage Therapy

Receive 10% discount for every one hour massage therapy treatment and/or \$2.00 off (or \$8.00 per session) for the use of the Alter-G Anti-gravity Treadmill.

1626 North Spring Street, Suite B, Beaver Dam, WI 53916

1- 920-356-0122

karren.ko@advanceptsports.com

Atlas Massage, LLC

Massage Therapy

Receive discount price of \$49 for every one hour massage or \$75 for a one and a half hour massage.

715 Hill Street, # 242, Madison, WI 53705

1-608-220-5653

atlasmassage.llc@gmail.com

American Baby

Magazine Subscription

Receive a complimentary subscription to the monthly magazine and/or the weekly e-mail newsletter, which is tailored to your stage in pregnancy or your child's age. Go to www.americanbaby.com to subscribe.

American Lung Association®

Smoking Cessation

Receive a 30% discount on the rate that is offered to the general public for American Lung's *Freedom from Smoking*, smoking cessation program. This program provides a self-help manual and a relaxation/stress management CD. The self-help manual includes a quitting calendar and easy-to-use records to help people get to know their own habits. To obtain your copy, please call 1-800-LUNG-USA.

www.lungusa.org

Ancient Healing

Relaxation & Therapeutic Medicine

Offering Market, Body Energy Sessions & Classes to assist you in wellbeing.

- Receive 20% off all Flower Essences and 10% off all Books and CD's.
- Receive \$5 off Initial Soul Retrieval and/or, Breathwork Session and/or Manifest Your Intentions Class.
- Zero balancing offers 25% discount on an initial session.

809 Phillips Blvd., Sauk City, WI 53583

1-608-644-9473

www.ancienthealingsauk.com

Anderson & Shapiro Eye Care

Refractive Eye Surgery

Receive a \$100 discount per eye for refractive surgery. Discount cannot be applied in addition to any other discount program.

1200 John Q. Hammons Drive, Suite 102, Middleton, WI 53717

1-608-827-7705

Associated Hearing Professionals

Hearing Aids/Listening Devices

Save 10% on standard programmable and digital hearing aids, evaluations, and assistive listening devices.

4510 Regent Street, Madison, WI 53705

1-608-238-1199

ATA Madison West

Martial Arts Classes

Complimentary first class AND 20% off 3-Month Intro Program. (Valid for new students only. Not to be combined with any other discounts/coupons.).Offering martial arts, self-defense, and child safety classes to people of all abilities, ages 3 yrs and up.

1201 McKenna Blvd, Madison, WI 53719

1-608-212-8473

www.atamadison.com

Atwood Acupuncture Center, LLC

Acupuncture

Receive a 20% discount on initial acupuncture treatment and \$5 discount on follow-up visits.

Package sessions excluded.

2045 Atwood Avenue, Suite 105, Madison, WI 53704

1-608-256-5080

www.atwoodacupuncture.com



Badger Gymnastics Academy

Gymnastic Classes

Save 15% discount on tuition fees.

6901 Schroeder Road, Madison, WI 53711

1-608-271-1885

www.badgergymnastics.com

Beyond the Surface

Massage Therapy

Discounted rate of \$55/hr.,(regularly \$75/hr.)

433 Grand Canyon Drive, Madison, WI 53705

1-608-345-1304

Blackbird Family Yoga

Yoga Classes

Save 10% off any class package

6720 Frank Lloyd Wright Ave. Middleton, WI 53562

1-608-237-1777

www.blackbirdfamilyyoga.com

Bliss Flow Yoga & Wellness Center

Yoga Classes

Receive 10% off the total purchase of an annual membership.

3527 University Avenue, Madison, WI 53705

1-608-273-3569

www.blissflowyoga.com

Blossoming Soul Massage, LLC

Massage Therapy

20% off of the current rate for massage on their initial visit and 10% off of subsequent visits.

(Not to be combined with any other discounts/coupons)

4710 East Broadway Drive, Suite 190, Madison, WI 53716

1-608-222-2700 (office) or 1-608-397-9559 (mobile)

www.blossomingsoulmassage.com

Blount Natural Therapies

Massage Therapy

Receive 20% off standard massage rates.

100 North Cleveland Street, DeForest, WI 53532

1-608-846-2454

www.blountmassage.com

Body Fit Solutions

Personal Training

Receive 15% discount in addition to a free consultation for personal training studio for women by women. Purchase (paid in full) personal training packages and receive a free massage from designated massage in Middleton, WI.

1900 Cayuga Street, Suite 105, Middleton, WI 53562

1-608-203-8600

laura@bodyfitsolutions.com

Boid's Boot Camp and Personal Training LLC

Personal Training

Receive 10% off boot camp punch card purchase.

1985 15th Ave, Friendship, WI 53934

1-608-403-1101

jill.roid@frontier.com

Chameleon

Spa Services

Receive 10% discount on all spa services each time you visit.

2066 Central Drive, Green Bay, WI 54301

1-920-437-7980

Chi's Acupuncture & Tui Na Center

Acupuncture

Receive a 20% discount on initial acupuncture treatment and \$5 discount on follow-up visits.

1 Odana Rd, Madison, WI 53719 and 4441 Woodgate Dr. Janesville, WI 53546

1-608-661-8866 or 1-608-770-5334

www.chi-acupuncture-tuina.20m.com

CoreActive Therapy, LLC

Fitness Training & Specialty Therapy

Receive 10% off any initial visit for Strength & Conditioning or Visceral Mobilization

10% off any class (e.g. small group fitness, educational seminar)

1- 608-235-3301 or coreactivept@gmail.com

www.coreactivetherapy.com

Creative Touch Bodyworks, LLC

Massage Therapy

Receive \$10 off for a first time massage and 10% for all subsequent visits.

5920 Exchange Street, McFarland, WI 53558 (Inside Artistic Salon & Spa)

1-608-877-2850

Dane County Family Acupuncture

Acupuncture

Receive \$10 off of your initial consultation and treatment, plus \$5 off of follow-up treatments.

6041 Monona Drive, Ste 101, Monona, WI 53716

1-608-222-0250

Dr. Zhou's Acupuncture & Pain Management Clinic

Acupuncture and Massage

Receive a 20% discount on initial acupuncture treatment and \$5 discount on follow-up visits.

6425 Normandy Lane, Madison, WI 53719

1-608-236-9000

www.herbalpalace.com

Dustin Maher Fitness

Personal Training

Participants receive one time offer and for new bootcampers, a free week of bootcamp/mamatone.

For a list of locations, please go to: http://madisonbootcamps.com/?page_id=285

For additional information, please go to: www.madisonbootcamps.com or www.dustinmaherfitness.com

1-608-616-5014

East-West Healing Arts Institute

Massage Therapy

Receive a one-hour professional massage with a \$5 discount.

6425 Normandy Lane, Madison, 53719

1-608-240-1600

www.acupressureschool.com

Equilibrium, LLC

Massage Therapy

Receive 1st massage at \$35, 2nd - 5th massage at \$55, package of 6 massages @ \$300 (\$50 each), and packages of 12 massages @ \$540 (\$45 each). 15% off "How to Meditate" 4 class series (or 3 hour). Prices range from \$45 to \$60. One free meditation group practice class. Additionally, one free class of simple and practical meditation/stress management classes. Prices range from \$10 to \$25 per class.

715 Hill Street, Suite 130, Madison, WI 53705

1-608 345 5430

www.equilibrium-wi.com

equilibrium.wi@gmail.com

Escential Massage

Massage Therapy

Vendor shall offer Participants \$30 off a 60 minute Therapeutic Massage session and/or \$30 off packages of four sessions of massage therapy.

6720 Frank Lloyd Wright Ave., Madison, WI 53562 (inside Papillon Beauty Day Spa)

1-608-712-5077

www.yourescentialmassage.com

First Sun Studio

Zero Balancing and Massage Therapy

Receive a 25% discount on an initial Zero Balancing session and 20% discount on an initial therapeutic massage.

3720 9th Drive, Wisconsin Dells, WI 53965

1-608-254-6022

Franchised Jazzercise

Exercise Class

Vendor shall offer Participants no joining fee and first month free at the Jazzercise class locations:

- *Marshall Jazzercise - Early Learning Center Gym, 369 School St., Marshall, WI 53559 (608)754-8680*
- *Cambridge Jazzercise - Cambridge Elementary School Gym, 802 W. Water St., Cambridge, WI 53523 (608)754-8680*
- *Fort Atkinson Jazzercise - Luther Elementary School Gym, 205 Park St., Fort Atkinson, WI 53538 (608) 754-8680*
- *Jefferson Jazzercise - Jefferson City Hall meeting rooms, 317 S. Main St., Jefferson, WI 53549 (608)754-8680*
- *Edgerton Jazzercise - United Methodist Church, 112 Albion St., Edgerton, WI 53534 (608) 754-8680*
- *Janesville Jazzercise - Dance Attitudes Dance Studio, 10 S. Main St. (Rear entrance), Janesville, WI 53545 (608) 754-8680*
- *Beloit Jazzercise - Grinnell Hall, 631 Bluff St., Beloit, WI 53511 (608)754-8680*

Gentle Tiger Acupuncture LLC

Acupuncture and Oriental Medicine

Receive a discount of 10% on your first visit and \$3.00 off each follow-up visit*.

*Package Sessions are excluded.

715 Hill Street #250, Madison WI 53705.

1-608-346-1165 or 1-608-204-0100

Get Fit of Jefferson

Exercise Studio

Save 10% on memberships, classes, and services. .

1456 South Ryan Avenue, Jefferson, WI 53549 (Located inside Roadway Inn)

1-920-723-2540 or 1-920-723-0743

Hands for Heart & Soul

Wellness & Empowerment

Fitness Programs

Save 15% on a one-year fitness program agreement.

314 S. Thomas Street, Westfield, WI 53964

1-608-547-3900

Harbor Wellness Studios

Pilates, Yoga and TRX Classes

Save 10% off a 10 class yoga/Pilates/TRX pass at Harbor Wellness Studios
2529 Allen Boulevard, Middleton, WI 53562
1-608-821-6501
www.harborathletic.com/wellness.htm



Health & Energy Custom Therapy Massage

Massage Therapy

Receive an introductory massage service at 50% off the regular price.
411 Prairie Heights Drive, Verona, WI 53593
1-608-345-7002

Healthy Prelude, LLC

Therapeutic Massage Therapy

"Healing With the Bounty of Nature"
Offering: Massage Therapy, Cranial Sacral, Deep Tissue, Myofascial Release, Zero Balance, Lymphatic, Yoga, Reiki. 15% off any therapy at the going rate, up to 4 sessions, 10% off any further treatment session.
W9833 Scandinavia Lane, Elroy, WI 53929
1-608-462-4010

Hybrid Fitness

Healthy Eating

10% off discount for the Fit Fresh Cuisine meals.
2881 Commerce Park Dr Ste A, Madison, WI 53719
1-608-556-0324



Imagine Fitness & Sports Medicine, Inc.

Fitness Classes

Receive \$20 off when you join our 6-Week Body Transformation Program. Our 6-week Body Transformation program includes nutritional guidance, unlimited access to Imagine Fitness classes, and unlimited support and motivation!! Become one of our success stories!! Check out some of our success stories at www.imaginefitness.net

OR

Join our 12-month VIP Program and receive One Month Free! Both our 6-week Body Transformation and VIP Programs include but are not limited to the following classes: Boot camps, Cardio Kickboxing, PiYo, and BOSU: Total Body Workout.

Contact us at staff@imaginefitness.net or call Malinda at 1-608-215-3101 or Chuck at 1-608-215-3205.
1100 Dallas Street, Suite D, Sauk City, WI 53583
www.imaginefitness.net or
www.imaginefitnessblog.com

Indulge Spa, LLC

Massage Therapy

10% off 60 minute massage treatments
4339 East Towne Way, Madison, WI 53704
1-608-249-7047
www.indulgespa.net

Inner Fire Yoga

Yoga classes

Inner Fire Yoga offers a variety of yoga styles including: Inner Flow Yoga, Power Flow Yoga, Hot Yoga, and Yin Yoga. Unity members can receive a special introductory offer of two weeks of unlimited yoga for \$20 as well as receive a 12% discount on regular packages.

5003 University Avenue, Madison, WI 53705

1-608-661-0167

info@innerfireyoga.com



InnerSparks, LLC

Reiki & Life Coaching Services

Receive 10% off Reiki and Life MAPS (Mind At Peace) Individual Programs. InnerSparks, LLC specializes in Integrating Mind, Body and Soul to create a Healthy, Meaningful and Prosperous Life. In-person and phone sessions available.

Andrea Kivolowitz, OTR/L, Reiki Master Teacher, Professional Life Coach

715 Hill St. Suite 270 Madison, WI 53705

www.innersparks.com

1-608-516-7087

andrea@innersparks.com

Janesville Jazzercise

Exercise Class

Vendor shall offer participants no joining fee and first month free.

54 S. Jackson Street, Janesville, WI 53548

www.jazzercise.com

1-608-751-3703

Jenny Craig

Weight Loss & Weight Management

Join Jenny Craig and receive a Free 30-Day Program*, 50% off the 6-Month Corporate VIP Program*, and 20% off the 1-Year Premium Success Program*.

*Plus the cost of food and shipping when applicable at participating Centres and Jenny Direct® in the United States, Canada, Puerto Rico. Discounts apply to membership fee only. Pricing subject to change. (Click on logo.)



Jewel in the Lotus Yoga, LLC

Yoga classes

Receive 10% discount on yoga classes.

(Excludes Introductory Offers)

821 East Johnson Street, Madison, WI 53703

1-608-213-3804



Karate America

Fitness Classes

Receive one month of unlimited Cardio Kickboxing/Fitness classes or Karate (includes uniform) for only \$9.95- valid for new students only. Not to be combined with any other discounts/coupons at the following locations:

- Karate America DeForest, 605 South Main Street, DeForest, WI 53532
(608)846-0404 www.kadeforest.com
- Karate America Lodi, 108 Lodi Street, Lodi, WI 53555
(608)592-4800 www.kadeforest.com
- Karate America Waunakee, 1340 Montondon Avenue, Waunakee, WI 53597
(608)849-7526
- Karate America Poynette, 213 North Main Street, Poynette, WI 53955
(608)592-4800
- Karate America Prairie Du Sac, 625 Water Street, Prairie du Sac, WI 53578
(608)643-5450

Lake Mills Jazzercise

Exercise Class

No joining fee and first month free. A 60-minute class incorporating cardio, strength, and stretch moves for a total body workout. All ages, levels, and sizes welcome.

613 Jefferson Street, Lake Mills, WI 53551

1-920-988-3371

jazzercise.com

LasikPlus

Laser Vision Services

Receive 15% off standard prices or 5% off promotional prices or the set prices below- whichever results in the lowest price.

LasikPlus Set Prices

- \$695* per eye Traditional LASIK w/IntraLase (Free enhancements for 1 year)
- \$1,395 per eye Traditional LASIK w/IntraLase (Free enhancements for life if medically appropriate)
- \$1,895 per eye Custom LASIK w/IntraLase (Free enhancements for life if medically appropriate)

In Addition, LasikPlus offers members:

- A Free LASIK exam (over \$100 value)
- Multiple laser technologies
- Free enhancements for life on most treatments (if medically appropriate)

1-877-965-9090

lasikplus.com/unity

*Nearsighted better than -2, with astigmatism better than -1. Other restrictions may apply.

Leia's Renu

Massage & Spa Services

Receive \$15 off any service on your first visit. 10% off all services on your following visits.

Our serene ambiance, personalized care and superior service will deliver an experience that will revive your body, mind and spirit. Licensed, Certified, Insured & experienced Therapists.

Leia McCumber, Owner & CMT

6401 Odana Rd Madison, WI 53719 (located in the Olde Towne Office Park)

www.LeiasRenuMassage.com OR leiasRenu@yahoo.com

1-608-438-5342

Life Kneads Massage

Massage Therapy

60 minute massage for \$55, (\$10 off regular rate)

2711 Allen Blvd, Middleton, WI 53562

1-608-831-8118

tina@lifekneads.com

Lisa Tiedt Therapeutic Massage

Massage Therapy

Receive \$10 discount on one regular price one hour massage session.

Special package offered at \$275 for 5 one hour sessions. Session based on individual needs, incorporating relaxation and specific therapeutic techniques.

2158 Atwood Ave., Suite 205, Madison, WI 53704

1-608-669-5363

Lori Terrill, LMT

Massage Services

Save 10% on all massage services.

624 Isadore Street, Stevens Point, WI 54481

1-715-204-0146 or 1-715-342-9355

lori@wifamilywellness.com

Madison Area Massage, LLC

Massage Therapy

Providing in home and on site massage therapy services, receive 10% discount to members who receive services.

110 Georgiana Circle, Madison, WI 53716

1-608-334-9125

Mary Root, Massage Therapist

Therapeutic Massage

Receive 10% off massage sessions.

104 Sunset Avenue, Soldiers Grove, WI 54655

1-608-624-5944

Massahge, LLC

Relaxation & Therapeutic Massage

Receive a discounted price of \$50 on each customized, one-hour massage, designed for women. (Regularly priced at \$80)

Carol Ann Smith, BA, CMT, Nationally Certified Massage Therapist

4905 Ascot Lane #3, Madison, WI 53711

1-608-338-1532 or carol_massahge@yahoo.com

www.massahge.abmp.com

Michael's Hand's LLC

Massage Therapy

Vendor shall offer \$10 discount for the initial one hour massage session. Rebook for 3 sessions at 10% off, taking appointments at:

- *Salons For You, 817 Phillips Blvd, Sauk City, WI 53583,*
- *Sport and Spine Clinic, 944 Water St. Sauk City, WI 53583*
- *Custom mobile services bringing both chair and table to clients.*

1-608-583-2393 or cell 1-608-604-5028

www.amtamembers.com/michaelshands

Monona Grove Therapeutic Massage LLC

Relaxation & Therapeutic Massage

Receive \$10 off first 1 hour massage and \$5 off future hour massages. Focus is on Women's Health. Provides Swedish, Pregnancy, Cancer and Geriatric massages and Neuromuscular therapy. Sessions based on individual needs from relaxation to therapeutic work.

Angela Heine, Certified Massage Therapist

2850 Cottage Grove Road, Cottage Grove, WI 53527 (Inside Heartland Family Chiropractic)

1-608-206-3605

www.angelasmassagetherapy.com

Monroe Real Training, LLC

Fitness Equipment

Receive *free delivery on all phone orders for Lifeline USA functional fitness equipment when you purchase through Monroe Real Training (go to: <http://www.lifelineusa.com> to view all the products available). Plus, receive 10% off on all purchases of \$149 or more! A free demonstration is also included, by a certified professional personal fitness trainer, on all functional fitness equipment purchases. (*Free delivery for kettlebells must be within a 45 mile radius of Madison, WI.)

Kevin Monroe

421 Water Street, Suite 101, Prairie du Sac, WI 53578

1-608-235-8258

<http://www.monroerealtraining.com>

Myofascial Therapy

Facial Therapy

Receive 10% discount for services on each visit.

602 Corner Street, Lodi, WI 53555

1-608-592-7861

Natural Path Health Center

Holistic Health & Weight Loss

Receive a free initial consultation and a 15% discount off follow-up consultations and programs with Dr. Oler. Receive \$100 off "Getting Started Visit" with the Optimal Body Balance program.

2940 Chapel Valley Road, Madison, WI 53711

1-608-274-7044

www.naturalpathhealthcenter.com

New Life Physical Therapy and Sports Medicine

Massage Therapy

Save 10% on massage therapy visits.

2639 New Pinery Road, Suite 2, Portage, WI 53901

1-608-742-9356

New Self Renewal Center

Massage Therapy

Receive 1 free month membership and /or \$49 for 1 hour massage.

6300 Enterprise Lane, Madison, WI 53719

1-608-310-6775 or 1-608-630-1568 (cell)

www.newselfrenewal.com

New U, LLC

Mind, Body and Spirit

Free initial consult and a 10% discount for any 6 or 12 week New U program for individuals and small community groups.

1- 608-212-2154

www.newutoday.com

Oasis Day Spa

Spa Services

Receive 20% discount for an a la carte services. Sometimes a luxury, always a lifestyle!

8016 Watts Road, Madison, WI 53719

1-608-828-9470

www.oasisdayspamadison.com

Professional Massage Therapy

Massage Therapy

\$40 for 1 hour massage (discount price from \$45)

412 Main Street, Sun Prairie, WI 53590

1-608-220-2711 or sjessel@charter.net

Reach for the Sky Thai Bodywork and Massage

Massage Therapy

Receive 25% discount on initial session and \$5.00 off subsequent session of one hour or more.

604 Crandall St, Madison, WI 53711

1-608- 238-2444

Rejuvenation Spa

Spa Services

Receive a 10% discount on all spa services each time you visit this Aveda Concept Spa and Salon.

7420 Mineral Point Road, Madison, WI 53717

1-608-831-SKIN (7546)

www.rejuvenationspa.net

Remedy Massage Therapy

Massage Therapy

Introductory Massage Service at 50% off the regular price.

403 Venture Ct., Suite 2, Verona, WI 53593

1- 608-345-7002 or kayceewing@yahoo.com

Resolution Therapeutic Massage

Massage Therapy

Receive \$10 off first visit and 10% off consecutive visits.

520 University Ave, Suite 105, Madison, WI 53703

1-608- 443-7048 or andrea@resolutionmassage.com

www.resolutionmassage.com

Roberts Therapeutic Massage

Massage Therapy

Receive 10% discount on 30 minute and 60 minute massages.

154 McCrae Road, Fall River, WI 53932

608-697-1070

gandtroberts@mags.net

RoJene Brown, CMT, LMT

Massage Therapy

Receive a first time discount of \$10.00 to new clients on a one hour massage and 10% off on all future massages including current clients at the following locations:

- 205 East Washington Ave, Madison, WI (located within Luedtke Storm Mackey Chiropractic)
 - 1-608-249-7657
- 1633 West Main Street, Sun Prairie, WI
 - 1-608-837-7712
- 148 Warren Street, Beaver Dam, WI
 - 1-920-887-7731

Sacred Rhythms, LLC

Massage Services

30% discount for New Clients on Acupuncture and Massage Therapy and 20% discount for Follow-up visits on Acupuncture and Massage Therapy.

55 Oaks Corporate Center, 700 Rayovac Drive, Suite 002, Madison, WI 53711

608-271-2278

tasha@sacredrhythmsmassae.com

Sacred Space Studio

Massage Services

Participants receive \$20 off every massage. (Does not include aromatherapy and hot stones.)

2158 Atwood Avenue, Suite 207, Madison, WI 53704

860-941-2880

Safe Beginnings®

Childproofing, Baby Care & Home Safety

Save 20%* on the largest selection of childproofing products, baby care items and general home safety products. Visit Safe Beginnings at www.safebeginnings.com to see their expansive selection. You will find safety gates, outlet covers, developmental toys, fire escape ladders, carbon monoxide detectors, first aid kits, and more! When placing an order, identify yourself as a Unity member with code 'UHI', under Group Sales or call 1-800-598-8911 to request a free catalog.

www.safebeginnings.com

* Some exclusions may apply. Discount cannot be combined with any other offer and is not valid for prior purchases.

SelfHelp Works

Programs for Weight, Smoking, and Alcohol

Receive a 30% discount on Selfhelpworks' online Lifestyle Management Training programs, which enable you to eliminate the psychological blocks that have kept you from stopping smoking, living lean, or managing alcohol successfully in your life. These positive and motivational programs offer engaging multimedia content, high interactivity, one year of personal support, and much more. They deliver without fail on your dial-up modem.

How to Enroll

1. Go to www.selfhelpworks.com
2. Choose the program you want to sign up for
3. In the upper right hand corner click on enrollment information
4. Go to group password, click, and enter your group password: shwuhp

Seventh Heaven Massage Studio

Massage Services

Discount: \$49 massage for first time clients, \$ 10 off second massage, 10% off Hot Stone Therapy and/or \$165 off from membership and wellness program .

5317 Old Middleton Rd., Suite 102, Madison, WI 53705

1-608-358-7242

info@massagetherapymadison.com

Studio Z

Spa Services

Receive 20% off all spa services.

6025 Monona Drive, Madison, WI 53716

1-608- 221-7888

www.studiozmadison.com

Swim Reedsburg

Family Fitness Center

Receive 10% discount on the following:

- Red Cross Training classes - Individuals who would like to become certified or need to be re-certified in CPR, First Aid, a variety of Lifeguard Training classes and CPR and First Aid for the professional including Bloodborne Pathogen Training.
- Summer Camps - 3 day camps for kids throughout the summer. One will focus on survival skills, boating, camping, some basic first aid skills and swimming. Another will be focused on healthy eating and some fun exercises.
- Drop-In Rates - Family swim, lap swim, and fitness classes.

E6881 North Dewey Avenue, Reedsburg, WI 53959

1-608-524-4555

www.swimreedsburg.com

Swimwest

Family Fitness Center

Save 15% on a standard membership.

1001 Deming Way, Madison, WI 53717

1-608-831-6829

www.swimwest.com

Synergy Wellness Center

Acupuncture and Massage Therapy

Receive 20% off initial visits of acupuncture and massage and 10% off subsequent visits of acupuncture and massage.

3310 University Ave, #204, Madison, WI 53705

1-608-233-3588

www.synergywellnesscenter.net

The Chopra Center

Body, Mind & Soul Wellness

Visit www.chopra.com to view the large selection of books, audiotapes, CDs, DVDs, inspirational music, and Chopra Center Essentials – their own brand of herbal supplements, candles, massage oils, teas, and gifts. Use coupon code wis204 on-line to save 15% on all products.

The Massage Connection

Massage Therapy

Receive a 10% discount off one-hour and ½ hour massage sessions.

Dana Gray, R.M.T.

350 North Dewey Avenue, Reedsburg, WI 53959

1-608-524-7707

Therapeutic Massage by Debra

Massage Therapy

Save 15% on massage therapy services.

841 N. Gammon Road, Unit F, Madison, WI 53717

1-608-209-2439

Thin and Healthy's Total Solutions

Weight loss program

Receive 66% off of the enrollment fee.

5973 Executive Drive, Fitchburg, WI 53719

1-608-274-8447

www.thinandhealthy.com/madisonwest

Tracie Hittman Nutrition, LLC

Nutrition

Vendor shall offer Participants \$100 off an 1.5 hour Initial Visit session

2275 Deming Way Suite B100, Middleton, WI 53562

1-608-213-2021

<http://www.itsyourplate.com>

True Balance Massage and Bodywork

Massage Therapy

Receive \$15 off 60 or 90 minute sessions.

585 Water Street, Prairie du Sac, WI 53578

1-608-469-4240

TruHearing

Hearing Instruments

Receive a discount from TruHearing on mid- to high-level digital hearing instruments and basic level hearing instruments. Prices vary based on the type of hearing instrument. To find a TruHearing provider visit www.truhearing.com or call 1-800-687-4574.

TruVision

Contact Lenses

Purchase contact lenses from TruVision with a valid contact lens prescription. All types of contact lenses are available at low prices from all major manufacturers. Prices vary based on the quantity purchased and shipping is free on orders over \$99. To order, visit www.truvision.com or call 1-877-658-2020 Monday through Friday from 8 a.m. to 9 p.m. CST.

TruVision

Lasik

Unity members receive a 10% savings on lasik through TruVision. This offer includes a pre-operative exam, the LASIK or PRK procedure, post-operative care, and retreatment warranty. Patient financing is available upon approved credit. For more information, participating providers, or to schedule your complimentary consultation, call TruVision toll-free at 1-877-766-2020 Monday through Friday from 8 a.m. to 8 p.m. CST or visit www.truvision.com. A deposit is also required when booking a complete eye exam. The deposit is fully refundable if surgery is not scheduled.

**Prices may vary outside of Wisconsin. Price subject to change without notice.*

UW Health Optical Shops

Eyeglass Frames & Lenses

UW Medical Foundation offers Unity members a 15% discount off any eyeglass lenses and eyeglass frames (does not apply to contact lenses) obtained at the following locations:

- 780 Regent St Suite 306, Madison, WI 53715
1-608-251-7286
- 2880 University Ave, Madison, WI 53705
1-608-263-7480
- 451 Junction Rd, Madison, WI 53717
1-608-265-7731
- 5249 East Terrace Dr, Madison, WI 53718
1-608-265-1203
- 2349 Deming Way, Suite 200, Middleton, WI 53562
1-608-824-3930

UW Health Refractive Surgery

Refractive Surgery Services

UW Health offers Unity members a flat discount Amount - \$100 discount per eye for IntraLASIK Refractive Surgery services with Dr. Patricia Saab or Dr. Sarah Nehls. This discount does not extend beyond the first year's worth of post-operative exams and does not apply to enhancements or co-management fees to other optometrists.

2810 City View Drive, Madison, WI 53718

1-608-249-6000

Valerian Day Spa

Spa Services

Save \$10.00 on any 50-minute or longer service.

2670M East Main Street, Reedsburg, WI 53959

1-608-768-1772

Verban Massage and Body Therapy

Massage Therapy

Receive an initial consultation and 60-minute massage for 10% off regular rate.

700 Rayovac Drive, #103, Madison, WI 53711

1-608-338-6259

www.verbanmassage.com

Vision Fitness

Fitness Equipment

Vision Fitness started as a division of Trek Bicycle Company and has since spun off to become one of the top fitness equipment companies in the U.S. They offer award-winning fitness bikes, treadmills, and

elliptical trainers. Receive a 10% discount on all Vision Fitness equipment purchased at *2nd Wind* stores in Wisconsin. This discount cannot be combined with any other offer. *2nd Wind* is an authorized Vision Fitness retailer. For the *2nd Wind* store nearest you, visit www.visionfitness.com and click on Retailer Locator.

Vital Touch, LLC

Massage & Acupressure Services

Save 10% on massage services and 15% on acupressure services.

Judith Rasmussen, NCTMB, WRMT

License # 463-046

313 Price Place, Suite 1, Madison, WI 53705

Located near Hilldale Mall

Call 1-608-335-6777 for an appointment



Vitalite Massage

Massage Therapy

Receive 60 minute massage for \$50 or \$10 off any gift certificate.

Jefferson Building @ 222 North Midvale Blvd, Suite 28, Madison, WI 53705

1-608-358-5072

vitalitemassage@gmail.com

Watertown Jazzercise Class

Exercise Class

Joining Fee Waived (value \$25), 10 weekly unlimited classes

Cindi Chellew, Watertown Jazzercise Owner/Instructor

www.watertownjazzclass.com

1-262-719-2389

Locations at:

- Bethesda Lutheran Homes Gym
700 Hoffman Drive, Watertown, WI 53098
- Immanuel Ev Lutheran Church
204 N 10th Street, Watertown, WI 53098



Wellness Forever

Weight Management

Receive one free weight management consultation session after completion of 10 paid weight management consultation sessions.

560 Scott Street, Oregon, WI 53575

1-608-835-5207

Wellness Works

Exercise, Nutrition and Massage Therapy

Receive 10% discount on exercise and nutrition classes and/or massage therapy.

125 Hospital Drive, Watertown, WI 53098

1-920-262-4639

WI Union Mini Courses

Yoga and Pilates Classes

Receive 10% discount on all Yoga and Pilates registrations.

800 Langdon Street, Madison, WI 53706-1419

1-608-262-5759

www.wisc.edu/minicourses

Yoga Eight

Yoga Classes

Receive 10% off regular Monthly Membership.

6225 University Ave, Madison, WI 53705

1-608-301-5288

www.yogaeight.com