




 Allegan
 General Hospital
Spirit of Women rewards

Show your Spirit of Women *Membership Card* at any of the following businesses and receive the following rewards.....

Allegan County Community Mental Health Services

3285 122nd Ave
 PO Drawer 130
 Allegan, MI 49010

Free item offered to new members!

Allegan Curves

340 Water St.
 Allegan, MI 49010
 (269) 686-2288
50% off service fee and 2 weeks free

Allegan General Hospital – Integrative Health Services

555 Linn St.
 Allegan, MI 49010
 (269) 686-4272
\$15 off hour and \$10 off ½ hour services for massage and acupressure!

Allegan U-Stor

690 Airway Drive
 Allegan, MI 49010
 (269) 673-5929
<http://www.alleganu-stor.com/>
Choice of 1 small shipping box or 20 free black & white copies at first visit!

Arbonne International- premium swiss health and skin care

201 Thomas St.
 Allegan, MI 49010
 (269) 686-0316
20% off Arbonne Products

Archer Hicks

404 Water Street
 Allegan, MI 49010
 (269) 673-5151
10% off on regularly priced items

Beauti Control

Becky Anakotta
Christitheonlyway@comcast.net
 (231) 767-9036 or (231) 638-0618
10% off order

Beauti Control

Karen Depender
depende@quixnet.net
 (231) 773-0633
10% off order

Beauti Control

Deb Hendrickson
www.beutipage.com/deb-hendrickson
 (269) 673-6983
10% off entire order

Become a member today by contacting:

Jen Dentler
 686-4361

Cheshire Hills Golf Course

3829 102nd Avenue

Allegan, MI 49010

www.cheshirehills.com

(269) 521-3490

Free bucket of balls at the driving range at the first visit!

Country Way Natural Foods

120 N. Farmer St.

Otsego, MI 49078

(269) 694-6527

10% off purchases!

Creative Events

128 Locust St.

Allegan, MI 49010

(269) 686-7602

www.creativeeventsinc.net

10% off cake order

Curves in Portage

600 Romence Rd. Ste 130

Portage, MI 49002

(269) 324-3312

50% off service fee

**Bras & Support Garments-
By Jeunique**

(616) 777-0513

debsbras@comcast.net

\$5 off your purchase

Fifth Third Bank

1511 Lincoln Rd.

Allegan, MI 49010

(269) 686-9717

First set of 50 checks free when opening a checking account!

Fit to You

Personal Training

(269) 806-1682

(269) 694-9503

One half priced session with three paid sessions!

Glorious Gardens

Perennials, Herbs, Shrubs, Trees and Gifts

Group/Individual Tours, Programs & Consultations
26990 8th Ave.

Gobles, MI 49055

(269) 217-1717

10% off merchandise with purchases over \$25

Hearing Aid Service

114 Locust St.

Allegan, MI 49010

Free hearing screening!

Herlan Lake Massage

(269) 793-3339

10% off Massage

Holiday Floral Inc.

1306 Jenner Dr. (M-40 South)

Allegan, MI 49010

(269) 673-2859

10% off, excluding wire out

HQ Flooring

599 East Allegan St.

Otsego, MI 49078

(269) 692-3168

10% off discount on carpet, upholstery & tile cleaning

Jazzercise

Elements of Dance, Salsa, kickboxing, Hip Hop, Yoga, Pilates, and Strength Resistance!

To find a location and times visit

jazzercise.com or call (269) 650-9271

New Students or Students not attending for four months or more - come in for 2 weeks free!

Karla's Krafty Kreations

Copper Yard Art

(269) 375-0255

10% off

Mary Ann's MI Tree and Shrubs

28092 M-40 Highway

Gobles, MI 49055

(269) 628-2474

www.maryannstrees.com

First visit – free perennial flower or grass

Movie Gallery

101 N. Sherman St.

Allegan, MI 49010

(269) 673-1774

Free rental with new membership

Nathan Andrew Salon

113 Locust St.

Allegan, MI 49010

Myspace.com/NathanAndrewSalon.com

10% off haircut, style and color

Positive Directions Wellness Center

4601 134th

Hamilton, MI 49419

(269) 994-6801

\$10 off 1 hour massage

Principle Business Management

Dedicated to helping women achieve the success they deserve!

Leadership, time strategies and goal setting!

(616) 889-5789

Fax: (269) 664-5786

Free - one coaching call

Reflexions Plus

Reflexology, hypnosis, reiki, classes, workshops and gifts!

229 Hubbard St.

Allegan, MI 49010

Kass Hillard (269) 650-7359 or

Pam Martin (269) 512-2000

20% off any full price service

Rivertown Gym & Fitness, LLC.

545 Jenner Dr.

Allegan, MI 49010

269-686-7900

www.rivertowngym.com

2 free weeks with the purchase of a 1 year membership – the enrollment fee is waived!

Silver Spoon Catering

(269) 686-0011

The-silver-spoon-catering.com

10% off appetizers at your event!

Something Sweet-

Candies & Gifts

109 Locust

Allegan, MI 49010

(269) 686-8584

ddsomethingsweet@msn.com

10% off in store only

Spa Services for the Home and Office

Nedra Kanavel

8 W. 32nd St.

Holland, MI 49423

nedra@kanavelbc.com

30% off all spa products used during spa appointments!

Still Point Massage

114 Locust St. Suite 2D

Allegan, MI 49010

(616) 510-4123

www.stillpointmassage.massagetherapy.com

10% off of massage and bodywork services!

Uncommon Threads

111 Locust St.

Allegan, MI 49010

(269) 686-2348

20% off Book Club Books

Yoga Haven

Classes & workshops- private/group sessions offered

269-637-8947

10% off first series yoga classes