

Feeling Good in 2013!



HANG ON to that New Year's Resolution as you go into February!

WAKE UP tomorrow with the attitude that no matter what happens throughout the day, you are going to be the very best YOU there is to offer!

BELOW are some local resources that will help you continue on your goal of "Feeling good in 2013!"

FAIRWAY
Independent Mortgage Corporation

"We are only as good as our last loan."

Why rent when you can buy?

 Jennifer Kneib Branch Manager NMLS #543213 816-396-0339	 Chad Simpson Mortgage Consultant NMLS #543311 816-396-0337
 Sarah Burnham Mortgage Consultant NMLS #543317 816-396-0329	 Mary Lou Shook Mortgage Consultant NMLS #5511 816-396-0341
 Chad Orstad Mortgage Consultant NMLS #5510 816-396-0338	

1807 N. Woodbine Rd., Ste. C, St. Joseph, MO 64506
Phone: 816-390-8898 • Fax: 816-390-8828 • FIMC #2289
This information is not intended to be an indication of loan qualification, loan approval or a commitment to lend. Other limitations may apply.
Apply online at www.stjoehomeloans.com

The Best Selection of Health Foods in the Area

- Organic • Bulk Food & Spices • Gluten-Free
- Vegan & Vegetarian • Whole-Grain

Sheri Caldwell, RD, LD
Hy-Vee Store Dietitian

Sheri Caldwell, Hy-Vee Store Dietitian, is available to assist with your special dietary needs.

Visit all of our wonderful Hy-Vee departments:

- FLORAL • KITCHEN • ITALIAN • CHINESE • DELICATESSEN • SUSHI • PRODUCE
- BAKERY • SALAD BAR • DAIRY • FROZEN • MEAT & SEAFOOD MARKET
- PHARMACY • HEALTHMARKET • WINE & SPIRITS

201 N. Belt Hwy. • 816-232-9750

Follow us on [Twitter](https://twitter.com/STJOEPHYVEE) @STJOEPHYVEE and become a fan on [Facebook](https://facebook.com/stjoehyvee) at facebook.com/stjoehyvee

Lynn Jenkins, LMT
Licensed Massage Therapist

Specializing In:

- Swedish Massage
- Therapeutic Massage
- Prenatal Massage
- Aromatherapy Foot Scrubs

\$5 OFF
Next Session
Expires 3/31/13

1338 C • N. Belt Hwy.
To schedule an appointment, call or text
816.248.2168
www.schedulicity.com
(Online Scheduling)

Images of You

An extraordinary personal care experience!

- Cut, Color & Style
- Highlights
- Perms & Relaxers
- Hair & Eyelash Extensions
- Eyebrow & Facial Waxing
- Manicures
- Pedicures
- Facials
- Teeth Whitening
- Massage Services

518 N Belt • 233-1414 • www.imagesofyousalon.com

the Y
FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAKE YOUR NEXT MOVE ONE THAT LEADS TO THE Y

1/2 OFF
your first month membership with this ad.

Offer expires 2/7/13

315 S 6th St
St. Joseph, MO 64501
816-233-YMCA

WWW.STJOYMCA.ORG

Fit Boxing
BURNS MORE Calories!

Burn 800 Calories in 45 Minutes
Pound Plungers, try our Fit Boxing class

816-671-1133
106 S. Belt Hwy., St. Joseph, MO

MONROES MMA

6 Months FREE*
Available Now thru February 10th!
*with purchase of 6 MONTH MEMBERSHIP

Junior • Adult • Beginner • Intermediate • Advanced

Saint Joseph TENNIS AND SWIM CLUB

Indoor/Outdoor Courts • Close proximity off Belt Hwy!
3107 N. Belt, St. Joseph, MO • 816-233-0261

St. Joseph
REC
Center
recreation exercise community

The REC Center offers 3 basketball courts, a 3,000 square foot fitness area with cardio, selectorized fitness equipment, and a free weight section, including an elevated track for walking and running. We offer a wide variety of cardio fitness classes including Zumba, Yoga, MMA Fit, Tabata, Kickboxing, Boot Camps and much More!

Hours: Mon. - Fri. 6am-10pm, Sat. 6am-7pm, Sun. Noon-5pm
2701 SW Parkway - Right next to Phil Welch Stadium
Phone: 816.271.5512 • Like us on Facebook!

ING
ING FINANCIAL PARTNERS

R. Patrick Cargill
Investment Adviser Representative, Insurance Representative

1801 Oakridge Circle, Suite 102
Saint Joseph, MO 64506
Tel.: 816.233.7733
Fax: 816.233.6427
Email: rpatrickcargill@ingfp.com

MO Insurance License # PR263237

Improve Your Financial Fitness!

BancAbility
YOUR BANK IN MORE PLACES

**401 N. Woodbine Rd.
602 Edmond
5348 Lake Ave.**

ATM and Full Service | Freestanding ATM in East Hills Mall
FIRST BANK of MISSOURI
816-233-6111 | firstbankmo.com | MEMBER FDIC

Back to Health
CHIROPRACTIC

HOURS:
MON., WED., THU., & FRI.
8:30 A.M. - 5:00 P.M.
TUES. 8:00 A.M. - 6:00 P.M.
CLOSED FOR LUNCH
12:00 P.M. - 1:30 P.M.

We strive to help people become healthier and live pain free.

We Provide:

- Gentle chiropractic care
- Physiotherapy
- Ion cleanses
- Variety of professional massage therapy services

324 St. Joseph St. • Wathena, KS 66090
(785) 989-4644 • (785) 989-4660 fax
info@bakttohealth.com