



<p>MTMC Wellness Center</p> <p>40% off</p> <p>no contract</p> <p>896-0290</p>	 <p>Rutherford County Employee Wellness Discount Card Expires 12/31/2011</p> <p>www.rutherfordcountyttn.gov/insurance/wellness.htm</p> <p>Schedule your free HRA</p> <p>www.carehere.com 1(877) 423-1330 CareHere!</p>		 <p>Visit RC Wellness website for a list of Healthy Rewards Discounts offered to Cigna members</p>
<p>Valley Growers 10% off Plants</p> <p>Lascassas: 893-6040 Murfreesboro: 890-9990</p>	<p>Sunshine Nutrition Center 10% off</p> <p>Murfreesboro: 896-2972 Smyrna: 355-6890</p>	<p>Transformations 4 Life \$5 off "Metabolism Makeover" e-book</p> <p>www.transformations 4life.com *Discount code: rutherford</p>	<p>Smyrna Rexall Drug</p> <p>10% OTC</p> <p>459-3411</p>
<p>YMCA No Joining Fee</p> <p>Murfreesboro: 895-5995 Smyrna: 220-9622</p>	<p>Champion's Run Golf Course</p> <p>10% off</p> <p>274-2301</p>	<p>Warm Springs Wellness 20% off ALL services including esthetics!</p> <p>426-0472</p>	<p>Fleet Feet Sports Murfreesboro</p> <p>\$5 off a \$100 purchase</p> <p>494-3141</p>

<p>Lanes, Trains, & Automobiles 10% off food & bowling</p> <p>867-4730</p> <p>Not valid on game play or alcoholic beverages</p>	<p>Health Nut Sandwich Company</p> <p>10% off ALL Delivered Lunches</p> <p>www.thehealthnut sandwichcompany.com</p> <p>556-8687</p>	<p>Reeves-Sain Pharmacy or Medical Store 10% off</p> <p>excludes Rx drugs 896-5864</p>	<p>Curves Rock Springs Smyrna Join for \$30</p> <p>FREE Weight Mgmt Classes included 220-6088</p>
<p>LifeSigns</p> <p>\$35 full eye exam with Base physical</p> <p>371-3000</p>	<p>Accuvision Optical</p> <p>20% off all glasses & contact lens</p> <p>896-0082</p>	<p>Coley & Coley \$50 off glasses</p> <p>893-8847</p> <p>Cannot be combined w/ins or other discounts</p>	<p>Eagleview Eye Clinic</p> <p>\$20 off comp exam 20% off glasses or lens</p> <p>274-2102</p> <p>Cannot be combined w/ins or other discounts</p>
<p>Curves Murfreesboro</p> <p>50% off down payment</p> <p>217-3200</p>	<p>Regal Furniture</p> <p>10% off purchase</p> <p>459-2166</p>	<p>Subway</p> <p>Lavergne & Smyrna FREE cookie with any purchase</p> <p>747-3482</p>	<p>Smyrna Bowling Center</p> <p>Buy 1 game Get 1 FREE 355-0501</p> <p>Excludes Fri & Sat Limit one free game per person per day</p>