



Jump Start News



December 2012

Holiday Reminders

**Visit 15 times
Nov. 1 - Dec. 13
And you could win
a Holiday Ham**

Winner announced at Potluck



Massage therapy is the perfect gift for friends and family during the busy holiday season.

Gift Certificates are available at the Jump Start Desk.

Holiday Hours

December 7th
6 am - 4 pm

December 24th
6 am - 2 pm

December 25th
CLOSED

December 31th
6 am - 4 pm

January 1st
CLOSED



*Merry
Christmas
&
Happy
New Year!*

*From,
Associated
Therapeutics*

*Christmas Potluck
Friday, Dec. 14th
12 pm—2 pm*

Come celebrate the season with friends and family at Jump Start. Sign-up at the desk to bring your favorite dish.

Crunchy Pear & Celery Salad

- 4 stalks celery, trimmed and cut in half crosswise
 - 2 tablespoons cider, pear, raspberry or other fruit vinegar
 - 2 tablespoons honey
 - 1/4 teaspoon salt
 - 2 ripe pears, preferably red Bartlett or Anjou, diced
 - 1 cup finely diced white Cheddar cheese
 - 1/2 cup chopped pecans, toasted
 - Freshly ground pepper, to taste
 - 6 large leaves butterhead or other lettuce
1. Soak celery in a bowl of ice water for 15 minutes. Drain and pat dry. Cut into 1/2-inch pieces.
 2. Whisk vinegar, honey and salt in a large bowl until blended. Add pears; gently stir to coat. Add the celery, cheese and pecans; stir to combine. Season with pepper. Divide the lettuce leaves among 6 plates and top with a portion of salad. Serve at room temperature or chilled.

