



Inspire AWARDS

- Ninth Annual -

We invite you to submit your personal success story!

The equipment, classes and programs available at the CHRISTUS Good Shepherd Institute for Healthy Living assist members each year in reaching their health and wellness goals. The Institute would like to recognize the health and wellness accomplishments of our members with the Ninth Annual Inspire Award.

Members should submit their personal success story detailing their wellness goals and milestones they have accomplished since joining the Institute for Healthy Living. Employees are welcome to nominate Institute members. The Institute staff will select the winner based on results achieved (50 percent) and personal story (50 percent).

Please submit your story along with before and after photos to the member services desk no later than Friday, February 9. Selected entries will be showcased at the Institute for Healthy Living and recognized at an award reception.

For additional information or questions, please contact Jared Graham, fitness manager, at 903-323-6507 or jrgraham@gsmc.org.

Deadline for entries is Friday, February 9.

The award recipient will receive a complimentary one-year IHL membership!



CHRISTUS® GOOD SHEPHERD
Institute for Healthy Living