

“The Way it Works”

World Mental Health Day 2024

Date: October 10, 2024

To: Executive Staff, Membership, Operations

From: Marketing

October 10th, 2024 is World Mental Health Day and The Alaska Club has some exciting things to offer employees, members and the community to help promote mental wellness. Employees and members will receive one of the below complimentary wellness services between October 10th-31st. Each group will be notified via email with their free wellness gift (see pages 2-3).

- Salt & Red-Light Therapy
- CryoLounge
- Hydromassage / Massage Chair
- UV Tanning

For the community, in celebration of World Mental Health Day, membership managers will be distributing 5-Day Wellness Passes (see page 4) to select businesses around town. Guests that visit the club with a pass receive 5 visits between October 10-24th and one complimentary wellness service (coupon attached to pass). These guests should be treated as regular “leads” and complete the guest registry prior to meeting with membership. Pass should be presented to the front desk on each visit, at which time the front desk will mark a visit on the back of pass and membership should greet/check-in with guest(s) to answer any questions. All passes and wellness coupons expire on October 24th, 2024 regardless of how many visits are used on pass. Passes do not include access to Fly Trampoline Park.

Directions for Front Desk Staff: Redeeming Complimentary Wellness Services

EMPLOYEES & MEMBERS

- No online bookings – all reservations must be made at front desk. Employee or member should present the email they received with free wellness gift.
- Open employee/member account in CSI and verify employee/member status
- Review transactions since Oct. 10th to verify complimentary service has not been used
- Schedule employee/member service in Scheduler
- From scheduler, open service and click Go – Pay – POS
- From POS, use Item Search to find and apply code **CR085**
- Click on code to adjust amount so that it discounts 100%

GUESTS WITH A WELLNESS PASS

- Instruct guest to complete guest registry on iPad
- Obtain wellness service coupon from guest (tear off side of 5-Day Wellness Pass)
- Use “New Member Scheduler” account for in CSI to book service. Add guests’ name in session notes.
- From Scheduler, open service, click Go – Pay – POS and follow above steps using code **CR086**



Hey, Erin!

In celebration of **World Mental Health Day** on October 10th, we're giving you a little extra *me-time* 😊 Every employee can enjoy a **free wellness service** to relax, recharge, and reset. Choose from Salt & Red-Light Therapy, CryoLounge, Massage Chair, Hydromassage or UV Tanning. It's our way of saying *thank you* for all you do.

You can use your free service anytime between **October 10th-31st** before or after your shift, so don't miss out on the chance to treat yourself! 🧘

Present this email to the front desk to book your free service and be sure to read our "Tips to Feel Your Best" below. Here's to taking care of YOU! 🌿

Cheers,

The Alaska Club Team

**WORLD
MENTAL
HEALTH
DAY**



OCTOBER 10

**TREAT YOURSELF
CHOOSE ONE COMPLIMENTARY
WELLNESS SERVICE**

Salt & Red Light Therapy | Cryolounge
Massage Chair | Hydromassage | UV Tanning

POS CODE: CR085

One service per member. Additional services will be charged.



Hey, Erin!

In celebration of **World Mental Health Day** on October 10th, we're giving you a little extra *me-time* 😊 As a member of The Alaska Club, between October 10th-31st enjoy a **free wellness service** to relax, recharge, and reset. Choose from Salt & Red-Light Therapy, CryoLounge, Massage Chair, Hydromassage or UV Tanning. It's our way of saying *thank you*, and a friendly reminder to take care of yourself. 🧘

Present this email to the front desk to book your free service and be sure to read our "Tips to Feel Your Best" below. Here's to taking care of YOU! 🌿

Cheers,

The Alaska Club Team

5-DAY WELLNESS PASS

LET US HELP YOU PRIORITIZE YOUR MENTAL HEALTH AT



THE ALASKA CLUB



ENJOY YOUR CHOICE OF WELLNESS/RECOVERY SERVICE

Red Light Therapy | Hydromassage
Cryobungee | Chair Massage

LET US HELP YOU PRIORITIZE YOUR MENTAL HEALTH

This pass is for Alaska Membership privileges for up to 4 family members at participating locations. Pass excludes Summit, Jewel Lake, and Fairbanks West. Must be 18 and show valid photo ID to use the facilities. Pass is valid for 5 visits October 10-24, 2024.

Name _____
Email Address _____
Employer _____ Club: _____

TAKE TIME FOR YOU!

Stretch

#1

Relax

#2

Breathe

#3

Unwind

#4

Reset

#5

PRESENT THIS PASS TO THE FRONT DESK EACH TIME YOU VISIT.
EACH INDIVIDUAL/FAMILY IS LIMITED TO ONE 5-VISIT PASS
DURING OCTOBER 10-24.

THIS CARD IS NON-TRANSFERABLE, NOT redeemable for cash and cannot be replaced if lost or stolen.



THE ALASKA CLUB

Name _____
Email Address _____
Service _____ Club: _____

Present this pass at the front desk to book your service