

Vote at ShoreUpdate.com
 or mail your ballot to PO Box 677 Centreville, MD 21617
Health & Wellness READER CHOICE AWARDS



During the holidays, we spend our time focusing on others, so when January arrives, many tend to turn that focus inward with resolutions and a new found energy to improve the New Year. To celebrate this time and all the wonderful health and fitness providers in our community, it is time to vote in our annual BEST HEALTH & WELLNESS reader choice awards. Vote today and be entered to win a HEALTH & WELLNESS BASKET with goodies

from area merchants! All votes must be in by February 16, 2018. Simply mail in this ballot or vote online at www.ShoreUpdate.com.

All tickets sales from the Celebration event at Bridges Restaurant will be donated to SWEET BAY MAGNOLIA ACADEMY at The McCardle Center, where parents, educators and therapists will work hand in hand to build bright futures for children diagnosed with ASD.



Here's to Your Health

- Best General Practitioner _____
- Best General Practice _____
- Best Nurse Practitioner _____
- Best Pediatrician _____
- Best Dermatologist _____
- Best OB/GYN _____
- Best Podiatrist _____
- Best Cardiologist _____
- Best Optometrist _____
- Best Optician _____
- Best Audiologist _____
- Best Specialist _____
- Best Allergist _____

Thanks for Making Me Smile

- Best Dentist _____
- Best Pediatric Dentist _____
- Best Orthodontist _____
- Best Dental Practice _____
- Best Cosmetic Dentist _____

Feeling Fit Is Fabulous

- Best Fitness Club _____
- Best Fitness Class _____
- Best Yoga Class _____
- Best Weight Loss Program _____
- Best Personal Trainer _____
- Best Nutritionist _____
- Best Sports Medicine _____

Back on My Feet

- Best Physical Therapist _____
- Best Physical Therapy Practice _____
- Best Chiropractor _____
- Best Pain Specialist _____

Feeling Good... Looking Good

- Best Plastic Surgeon _____
- Best Skin Care/Treatment _____
- Best Laser & Cosmetic Skin Care (Medi-Spa) _____
- _____
- Best Massage _____
- Best Facial _____
- Best Overall Spa _____
- Best Tanning _____

Health & Happiness

- Best Counselor _____
- Best Pharmacy _____
- Best Home Health Care _____
- Best Nursing Home _____
- Best Independent Living _____
- Best Assisted Living _____

Best in Our Community

- Best Overall Staff _____
- "Other" Category & Your Choice _____

Person Who Makes Our Community Healthier

Name: _____

Volunteers/Works At: _____

Share a Moment Where They Touched Your Life or Someone Else's:

Local Organization That Makes Our Community Healthier :

Share a Moment Where They Touched Your Life or Someone Else's:



All Entries Entered to Win a Health & Wellness Gift Basket Brought to You by Philbin & Reinheimer Orthodontics

Name _____

Phone _____

Email _____

Entries must be received by February 16, 2018. Mail completed entries to: Update, P.O. Box 677, Centreville, MD 21617

Simply fill out the ballot and send it in before February 16, 2018. Ballots should be mailed to The Update, PO Box 677, Centreville, MD 21617. No photocopied answers accepted. We will tally all the votes and draw the prize winner. To qualify to win, entries must include a name, phone number, email, be at least 50% complete and be received by February 16, 2018. Participants must be over 18. Any ballots received after February 16 will not be accepted. One entry per person. The winning entrant will have his/her name listed in the results issue of the Update. The winner will be notified by phone and email.