

**Vote online at [ShoreUpdate.com](http://ShoreUpdate.com)  
or mail your ballot.**  
**Health & Wellness READER CHOICE AWARDS**



With January here, our focus turns to beginning the new year with big plans and resolutions. 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 KINDLE FIRE HD! All votes must be in by February 6, 2014. Simply mail in this ballot or vote online at [www.ShoreUpdate.com](http://www.ShoreUpdate.com).

**Here's to Your Health**

- Best General Practitioner \_\_\_\_\_
- Best General Practice \_\_\_\_\_
- Best Nurse Practitioner \_\_\_\_\_
- Best Pediatrician \_\_\_\_\_
- Best Dermatologist \_\_\_\_\_
- Best OB/GYN \_\_\_\_\_
- Best Orthopedist \_\_\_\_\_
- Best Podiatrist \_\_\_\_\_
- Best Cardiologist \_\_\_\_\_
- Best Surgeon \_\_\_\_\_
- Best Optometrist \_\_\_\_\_
- Best Ophthalmologist \_\_\_\_\_
- Best Audiologist \_\_\_\_\_
- Best Specialist \_\_\_\_\_

**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 at Area Gym \_\_\_\_\_
- Best Freelance Personal Trainer \_\_\_\_\_
- Best Nutritionist \_\_\_\_\_
- Best Sports Medicine \_\_\_\_\_
- Favorite Fitness Activity \_\_\_\_\_

**Back on My Feet**

- Best Physical Therapist \_\_\_\_\_
- Best Physical Therapy Practice \_\_\_\_\_
- Best Chiropractor \_\_\_\_\_
- Best Pain Specialist \_\_\_\_\_

**Feeling Good... Looking Good**

- Best Plastic Surgeon \_\_\_\_\_
- Best Varicose Vein Specialist \_\_\_\_\_
- Best Skin Care/Treatment \_\_\_\_\_
- Best Laser & Cosmetic Skin Care (Medi-Spa) \_\_\_\_\_
- Best Massage \_\_\_\_\_
- Best Facial \_\_\_\_\_
- Best Overall Spa \_\_\_\_\_
- Best Tanning \_\_\_\_\_

**Health & Happiness**

- Best Counselor for Adults \_\_\_\_\_
- Best Counselor for Children \_\_\_\_\_
- Best Allergist \_\_\_\_\_
- Best Pharmacy \_\_\_\_\_
- Best Home Health Care \_\_\_\_\_
- Best Nursing Home \_\_\_\_\_
- Best Assisted Living \_\_\_\_\_
- Best Overall Staff \_\_\_\_\_
- Best Staff Member \_\_\_\_\_
- Best Place to Work \_\_\_\_\_
- Volunteer Who Makes Our Community Healthier & Why \_\_\_\_\_

**Local Organization That Makes Our Community Healthier**

**Most Amazing Fitness Transformation**

This is the time to pat on the back the BEST IN OUR HEALTH & FITNESS COMMUNITY. Has a fitness trainer inspired you? A doctor taken an extra minute to listen to you? Share your story of thanks to someone who has made a difference in your life (your name will not be published)

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**All Entries Entered to Win a Kindle Fire HD!**



Name \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Email \_\_\_\_\_

Entries must be received by February 6, 2014. Mail completed entries to: The Update, P.O. Box 708, Stevensville, MD 21666. Simply fill out the ballot and send it in before February 6, 2014. Ballots should be mailed to The Update, PO Box 708, Stevensville, MD 21666. 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 6, 2014. Participants must be over 18. Any ballots received after February 6 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.