

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 March 7, 2019. Simply mail in this ballot or vote online at www.ShoreUpdate.com.

All tickets sales from the BEST OF celebration event at Bridges Restaurant will be donated to KINERA FOUNDATION, who provides occupational/physical therapies, support groups and workshops and inclusive community activities to children with special needs and their families.



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 _____
- Best Radiology _____
- Best Urgent Care _____

Thanks for Making Me Smile

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

Feeling Fit Is Fabulous

- Best Fitness Club _____
- Best Fitness Class _____
- Best Yoga Studio _____
- 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 Vein Restoration _____
- 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 Psychiatrist _____
- 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 a Healthier, Happier Place :

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



All Entries Entered to Win a Health & Wellness Gift Basket

Name _____
 Phone _____
 Email _____

Entries must be received by March 7, 2019. Mail completed entries to: Update, P.O. Box 677, Centreville, MD 21617

Simply fill out the ballot and send it in before March 7, 2019. 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 March 7, 2019. Participants must be over 18. Any ballots received after March 7 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.