

March 2025

HEALTHY DENT COUNTY



HEALTHY DENT COUNTY

Competitive Co-Ed

BASKETBALL

3 on 3 Tournament

ANNOUNCING
Non-Newlywed Game
April 4th

Enter the 3 on 3 Basketball
Tournament NOW
Deadline March 3rd

Healthy Dent County
Fitness Center
Circuit 30
Included in
Membership

See inside flyer for details!

Member Spotlight
Erica Rushing
Radosevich

FREE AARP TAX AIDE
Schedule your tax
appointment NOW

We have the perfect event
venue! Book with us today
@ the Armory!



Radosevich Family



 Follow us on Facebook: [Healthy Dent County Fitness Center/Council for a Healthy Dent County](#) to stay up to date

Circuit 30



HEALTHY
DENT COUNTY

Experience a relaxed, intimidation free atmosphere that makes fitness fuss-free and fun!



15 New Machines

Healthy Dent County is excited to launch our new Circuit 30 Program, offering a full body workout in just 30 minutes.

INCLUDED IN MEMBERSHIP



Questions? Please call us at (573) 739-1127 or email Lanessa@SalemCommunityCenter.org

The "Non"

Newlywed

Game

Fundraiser

Event sponsored by Healthy Dent County

Friday, April 4th, 2025

Salem Community Center @ the Armory
1200 West Rolla Road, Salem

Doors open at 5:30 p.m.
Game show starts at 6:30 p.m.

Table of 8 can be sponsored for \$300 or single tickets for \$25
Concession and cash bar available

Game Show Contestants

Cameron & April Greener
Zach & Mary Moser
Dylan & Kala Sisco
Austin & Julia Wulff

Questions? Please call us at (573) 729-8163



**HEALTHY
DENT COUNTY**

The "Non"

Newlywed

Game

Friday, April 4th, 2025

Salem Community Center @ the Armory
1200 West Rolla Road

VIP Table Sponsor

Company/Group Name: _____

Contact Name: _____

Phone Number: _____

Email Address: _____

Company Page/Website: _____

I/We the undersigned will pay \$300 for a VIP Table for 8 for the Non Newlywed Game benefiting Council for a Healthy Dent County

- *VIP Seating*
- *Complimentary Snacks*
- *Advertising*
- *Social Media Promo*

Cocktail hour begins at 5:30 p.m. and the Game Show begins at 6:30 p.m.

Please Make Checks Payable to:

Healthy Dent County

Mail Checks to:

Healthy Dent County

1200 West Rolla Road, Salem MO 65560



HEALTHY DENT COUNTY

Competitive Co-Ed

BASKETBALL

3 on 3 Tournament

Saturday, March 15th 9 a.m.

PRIZE: 3 Spalding TF-1000 Legacy Official Basketballs

COST: \$60 per team

Salem Community Center @ the Armory Gymnasium
1200 West Rolla Road, Salem, MO 65560

DEADLINE TO REGISTER:

Monday, March 3rd, 2025

For more information, please contact us at (573) 729-8163,
TEXT (573) 247-1301, or email Henry@salemcommunitycenter.org

HEALTHY DENT COUNTY

Competitive Co-Ed

BASKETBALL

3 on 3 Tournament

Saturday, March 15th 9 a.m.

COST: \$60 per team

Location: Salem Community Center @ the Armory Gymnasium
1200 West Rolla Road, Salem, MO 65560

Registration Form

Team Name: _____

Contact Name & Number _____

Participants: _____ T-Shirt Size _____

1 _____

2 _____

3 _____



DEADLINE TO REGISTER
Monday, March 3rd, 2025

RELEASE AND WAIVER

I know that playing basketball is a potentially dangerous activity and that my team should not enter this event unless we are medically able and properly trained, and that physical injury, illness, and even death may result from risks inherent in this sport. We assume all risks associated with participating in this event. Having read this RELEASE AND WAIVER and in consideration of the acceptance of our entry, we, on behalf of myself and my team, release and agree to indemnify, defend, and hold harmless, even though any risks may arise out of negligence or carelessness of their party, Healthy Dent County, City of Salem, and all sponsors of this event and all agents, employees, and representatives above, from all claims, suits, liabilities, and actions. We grant permission for interested persons to photograph and record our participation in this event publicly.

**For more information, please contact us at (573) 729-8163,
TEXT (573) 247-1301, or email Henry@salemcommunitycenter.org**

Membership Spotlight

Erica Rushing Radosevich

Meet Erica Rushing Radosevich. I'm sure many of you already know her as she is a lifelong resident of Dent County. Erica has always been a healthy, active, and vibrant individual, but like many found herself with long hauler effects after the Covid aftermath. She was diagnosed with Type I Diabetes post Covid. I will leave the story in Erica's own words. It's been inspiring watching her work hard in the gym, but I truly love that it's helping her in her battle with Diabetes.

"I workout for myself; mentally and physically it helps me. I look forward to it and most of all, it helps my Type I Diabetes. I've worked out on and off since high school. My life and personal goals were set on the back burner while I was pregnant due to a high-risk classification, but I tried to maintain a healthy active lifestyle.

Being healthy and working out has always been on the back of my mind, but in 2024, I struggled with my mental and physical health and in August of 2024 I set out with the goal of making fitness a priority rather than something I just dabbled in for short periods of time.

I've been consistently going to the gym 5 days per week for about 2 hours each session. I've noticed a drastic change in my diabetes since starting in August. My A1C has decreased, and I've been able to cut out....
(continued on next page)



Membership Spotlight

Erica Rushing Radosevich

some of my insulin doses because of my dedication to the gym. Suddenly, I find that going to the gym is something that I feel like I almost HAVE to do instead of making myself go. I prefer strength training over cardio, but I always do both. I started my journey by asking Susie for a workout plan then I expanded my routine and workouts as I became more comfortable in the gym.

Since I've started my new lifestyle, I've introduced my grandma to the Sweet & Low classes and it's been so rewarding to see her get out of the house, meet new friends, see old friends and keep her body moving.

Initially, losing weight was my first goal, but I've started building muscle and my overall health is improving which is most important. I know I will always struggle with weight due to my Type 1 Diabetes, but the less insulin I have to inject is a step closer to meeting my goals. Type 1 Diabetes is not curable, which is why I must have the mindset of making fitness, healthy eating habits and strength training my number one priority so I can improve my body's longevity. Hopefully, my children can enjoy a longer life with me, and I can be there for all of the special moments in their life. My daughter is 6 and she would come with me every day to the gym if I let her. I want to be an example for her to carry on with a healthy lifestyle. My motivation is my kids. I sat around for too many years wondering and feeling sorry for myself with the "why me God" mindset. I've turned a new leaf and decided to hopefully be an inspiration to others that even with my illness, I can't let it beat me. I'll fight against it every day and keep taking my frustration out on the weights."





AARP Free Tax Aide Filing

AARP volunteers will be doing taxes for **FREE** at the **Salem Community Center @ the Armory.**

The Healthy Dent County staff are currently taking appointments until April 4th.

Please call (573) 729-8163.



Council For A
**HEALTHY
DENT COUNTY**
Where Health Education and Community Meet



Real Possibilities

Vaping could cause these side effects to kids:

- Stunted brain growth
- Get sick easier
- Problems breathing
- Lung cancer

CONVERSATION
STARTERS:



Did You Know?



**HEALTHY
DENT COUNTY**
PREVENTION COALITION

IT IS ILLEGAL FOR ANYONE UNDER THE AGE OF 21 TO BUY OR POSSESS VAPING PRODUCTS.

THIS PROJECT IS A COOPERATIVE EFFORT BETWEEN HEALTHY DENT COUNTY PREVENTION COALITION AND THE GREEN FOREST R-II, DENT-PHELPS R-III, SALEM R-80, NORTH WOOD R-IV, AND OAK HILL R-I SCHOOL DISTRICTS, AND MADE POSSIBLE THROUGH A PARTNERSHIP WITH PREVENTION CONSULTANTS OF MISSOURI

The Perfect Event Venue



Weddings, Receptions, Reunions, Banquets, and Fundraising Events

- ♡ \$150 for 5 hours.
(\$350 for 10 hours)
- ♡ Available 7 days a week.
- ♡ Seating for up to 250 people.
- ♡ Tables, chairs, & kitchen included.
- ♡ Sound system, projector & tablecloths available.

Salem Community Center
@the Armory
Where Health, Education and Community Meet

For rates and information, call 573-729-8163 | 1200 W. Rolla Rd. | Salem, MO 65560





Conference Rooms @ the Armory

Birthday Parties, Reunions, Meetings, Baby Showers

- \$50 weekdays, \$100 weekends
- Available 7 days a week
- Technology included (computer & large TV monitor)

Salem Community Center

@the Armory
Where Health, Education and Community Meet

For more information and availability, call 573-729-8163 | 1200 W. Rolla Rd. | Salem, MO 65560



Walden Room (Up to 12 people)



Rotary Room (Up to 35 people)

Making Birthday Parties Easy!

Bounce House Birthday Party

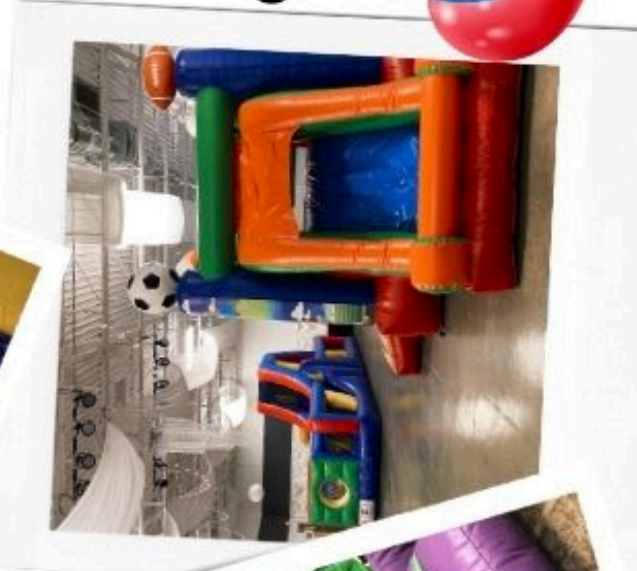
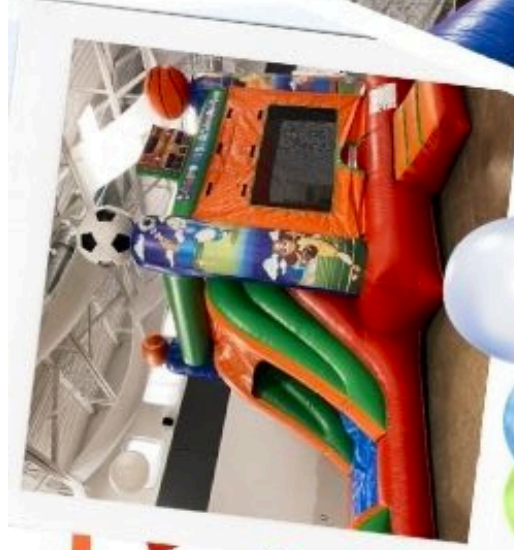
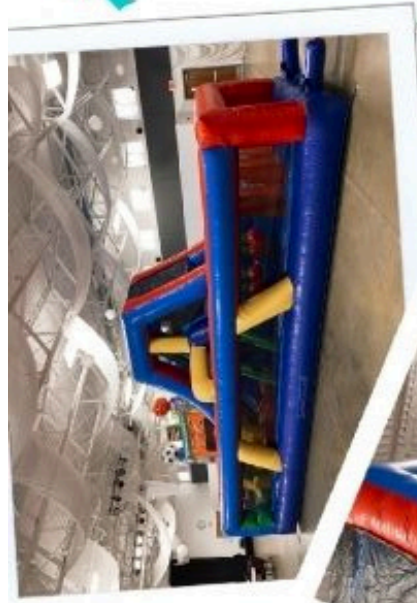
Salem Community Center @ the Armory

3 Bounce Houses

4 Hours \$300

(Tables, Chairs, and Kitchen Included)

Questions? Please call us at (573) 729-8163



Salem Community Center

@the Armory
Where Health, Education and Community Meet

PRINT OUTS/COPIES

Single black and white copies

10 cents each

Single colored copies

25 cents each

Bluetooth

25 cents each

MISCELLANEOUS OFFICE SERVICES

EMAILS/SCANS

\$1.00

LAMINATION

\$1 per pouch (8.5x11)

FAXING

\$1.50 first five sheets

25 cents for additional sheets

FREE WIFI

FREE PUBLIC ACCESS COMPUTERS

Salem Community Center @ the Armory | 1200 W. Rolla Rd. | Salem, MO 65560 | 573-729-8163



Healthy Dent County Fitness Center

Office Hours

Monday - Friday 8:00 a.m. - 4:30 p.m.

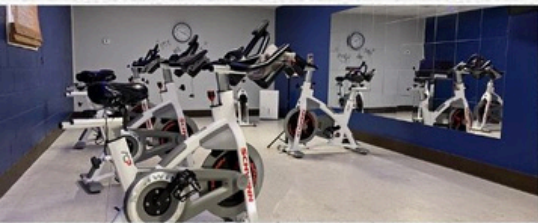
Fitness Center Hours

Monday-Friday: 5 a.m.- 7 p.m.

24 Hour Access Available

- Cardio Room
- Weight Room
- Spin Room
- Classroom
- Gymnasium

For rates and information, call 573-739-1127 | 1200 W. Rolla Rd. | Salem, MO 65560



Healthy Dent County Fitness Center

Renew Active

by  UnitedHealthcare®



SilverSneakers

Are you a senior or on disability? Want a free gym membership? See if you qualify today!



1. Take your SilverSneakers or Renew Active info to the Healthy Dent County Fitness Center Office
2. Sign up in the Healthy Dent County Fitness Center Office
3. Tour the facility and start working out at no extra cost!

Questions? Please call us at (573) 739-1127 or email Lanessa@salemcommunitycenter.org



HEALTHY DENT COUNTY
FITNESS CENTER

March 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>3</p> <p>8:30 a.m. Sweet & Low 10:00 a.m. In Motion 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive</p>	<p>4</p> <p>10:00 a.m. In Motion 5:30 p.m. Kickboxing 5:30 p.m. Spin</p>	<p>5</p> <p>8:30 a.m. Sweet & Low</p>	<p>6</p> <p>10:00 a.m. In Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive</p>	<p>7</p> <p>8:30 a.m. Sweet & Low</p>	<p>8</p> <p>9:00 a.m. Yoga</p>
<p>10</p> <p>8:30 a.m. Sweet & Low 10:00 a.m. In Motion 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive</p>	<p>11</p> <p>10:00 a.m. In Motion 5:30 p.m. Kickboxing 5:30 p.m. Spin</p>	<p>12</p> <p>8:30 a.m. Sweet & Low</p>	<p>13</p> <p>10:00 a.m. In Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive</p>	<p>14</p> <p>8:30 a.m. Sweet & Low</p>	<p>15</p> <p>9:00 a.m. Yoga</p>
<p>17</p> <p>8:30 a.m. Sweet & Low 10:00 a.m. In Motion 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive</p>	<p>18</p> <p>10:00 a.m. In Motion 5:30 p.m. Kickboxing 5:30 p.m. Spin</p>	<p>19</p> <p>8:30 a.m. Sweet & Low</p>	<p>20</p> <p>10:00 a.m. In Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive</p>	<p>21</p> <p>8:30 a.m. Sweet & Low</p>	<p>22</p> <p>9:00 a.m. Yoga</p>
<p>24/31</p> <p>8:30 a.m. Sweet & Low 10:00 a.m. In Motion 5:30 p.m. Interval Training 6:30 p.m. Jump & Jive</p>	<p>25</p> <p>10:00 a.m. In Motion 5:30 p.m. Kickboxing 5:30 p.m. Spin</p>	<p>26</p> <p>8:30 a.m. Sweet & Low</p>	<p>27</p> <p>10:00 a.m. In Motion 5:30 p.m. Tighten & Tone 5:30 p.m. Spin 6:30 p.m. Jump & Jive</p>	<p>28</p> <p>8:30 a.m. Sweet & Low</p>	<p>29</p> <p>9:00 a.m. Yoga</p>

St. Patrick's
Day

HEALTHY
DENT COUNTY

For rates or questions please call us at 573-739-1127 or email Lanessa@SalemCommunityCenter.org

HEALTHY DENT COUNTY FITNESS CENTER GROUP CLASSES

**Our group classes are the perfect way to get energized,
meet new friends, and crush your goals!**

INTERVAL TRAINING

Mon. – 5:30 pm (45 minutes)

Cardio, strength, and core training class with 45 to 60 second work out intervals followed by a 10 second rest.

TIGHTEN AND TONE

Thurs. – 5:30 pm (45 minutes)

Strength training class designed to target and tone specific muscle groups.

IN MOTION

Mon., Tue., & Thurs. – 10:00 am (60 minutes)

Participants exercise in a chair for 45 minutes then stand for 15 minutes. We use weights, bands, drumsticks, balls and more set to music. All ages welcome.

KICKBOXING

Tues. – 5:30 pm (60 minutes)

This class is a combination of cardio, boxing and martial arts providing a total body workout. It aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance.

SPIN

Tues. & Thurs. - 5:30 pm (45 minutes)

Bikes can be tailored to a light to moderate or high intensity workout. Bikes are available for members to use outside of class times.

SWEET & LOW

Mon., Wed., Fri. – 8:30 am (60 minutes)

Participants stand to exercise 45 minutes and sit in chairs for 15 minutes. Low-impact exercise using weights, steps, bands, balance balls, and more. All ages welcome.

JUMP & JIVE

Mon. & Thurs. – 6:30 pm (60 minutes)

An inspired dance-fitness program that blends rhythms set to high energy beats.

YOGA

Sat. – 9:00 am (45 minutes)

Yoga exercises are a series of physical poses, breathing techniques, and meditation that can help improve strength, flexibility, and balance.



**Scan the QR code
to sign up online.**

SALEM COMMUNITY CENTER @ THE ARMORY

1200 W. Rolla Road, Salem • 573-739-1127 • lanessa@salemcommunitycenter.org



Healthy Dent County is dedicated to providing opportunities to improve health and quality of life by partnering with our community.



Contact us:

Phone: (573)729-8163

Email: lacey@salemcommunitycenter.org

Website: salemcommunitycenter.org

 Facebook: Council for a Healthy Dent County

Healthy Dent County Fitness Center

Healthy Dent County & Fitness Center Office Hours

8:00 a.m. to 4:30 p.m. Monday-Friday

Fitness & Cardio Room Hours:

5 a.m. to 7 p.m. Monday-Friday
(24 hour access code needed for weekends and after hours)