



YOUR BODY IS YOUR HOME.

You live in it 24 hours a day, 7 days a week.

Are you living in your dream home?

If not, why not? Let us help you get started!

**NO LONG-TERM CONTRACTS!
NO OUTRAGEOUS PRICING!
NO RESTRICTIVE HOURS!**

**OPEN 24 HOURS
A DAY EVERYDAY**

- Tanning
- 30 minute circuit training workouts
- Free weights
- Treadmills, Bikes, Steppers, & Ellipticals
- Locally Owned and Operated
- Fun, Friendly, & Supportive Atmosphere
- Safe and Secure Access
- Month to Month Memberships (no contracts required)



Hair & Nail Salon
in Goldthwaite Location

Membership Comes with Access to BOTH of Our Locations!

GOLDTHWAITE
1312 Fisher St.
325-648-2319

SAN SABA
302 Commerce St.
325-451-4626

HOMETOWN HEALTHCARE: Excellent Service, Exceptional Care

- ★ 42-bed medical/surgical hospital
- ★ 24-hour emergency department
- ★ rural health clinics in Hamilton, Hico, and Goldthwaite
- ★ ambulance stations in Hamilton, Hico, and Goldthwaite
- ★ behavioral health clinic
- ★ wellness center



- Boasting some of Texas' brightest family practitioners and specialty services.*
- General Surgery
 - Cardiology
 - Dermatology
 - Orthopedics
 - Ophthalmology
 - Otolaryngology
 - OBGYN
 - Psychiatry
 - Podiatry
 - Sleep Medicine
 - Urology

SLEEP LAB
**Better Sleep.
Better Health.
Better Life.**

Diabetes Self-Management Education Program

AADE accredited program focusing on disease management and education led by certified diabetic educators.

254-386-1894

A healthy plan for a healthier you!

Digital Mammography
at HAMILTON GENERAL HOSPITAL

Call your physician to make an appointment today.

254-386-1700
or
325-648-2850

400 North Brown Street ♦ Hamilton, Texas 76531 ♦ (254) 386-1600 ♦ www.hamiltonhospital.org

Leading our families, friends and neighbors to a healthier tomorrow, by providing quality care today.