SALA TIMES

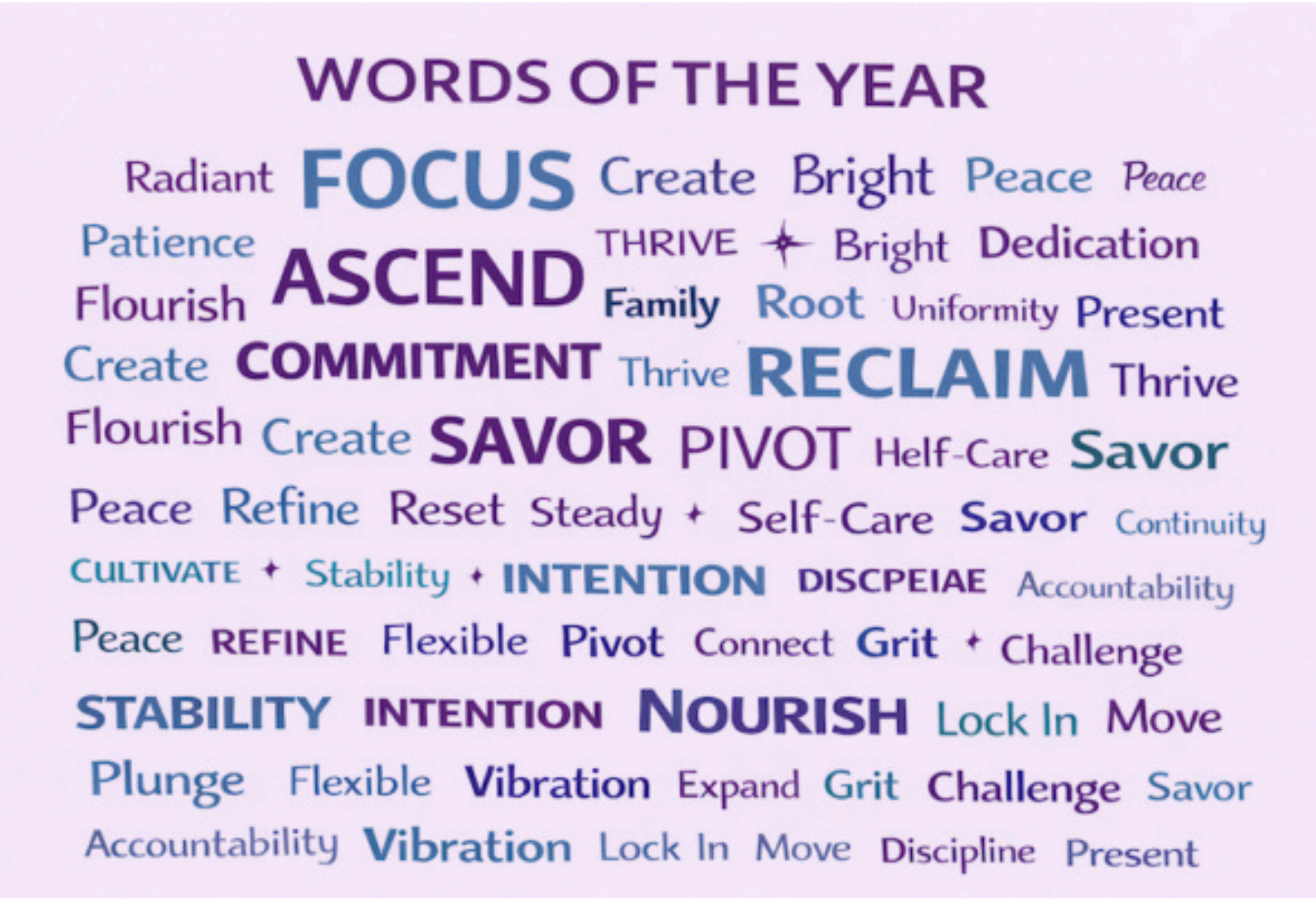


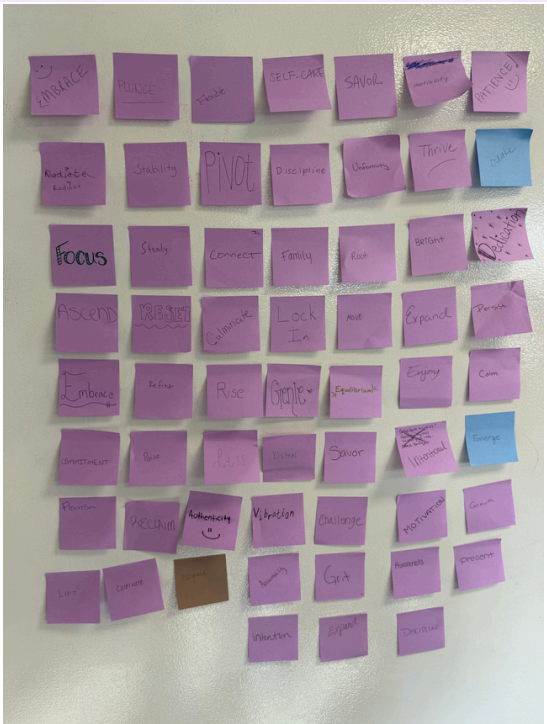
CULTURE

•

2026 Words of the Year

YOUR WORDS OF THE YEAR













Meeting Time







Bye Bye with the Old

Congratulations Dr. Christina





Baby Rowan born on 1/1/26!

NEW YEAR, NEW HOPE

Smile Goals

invisalign

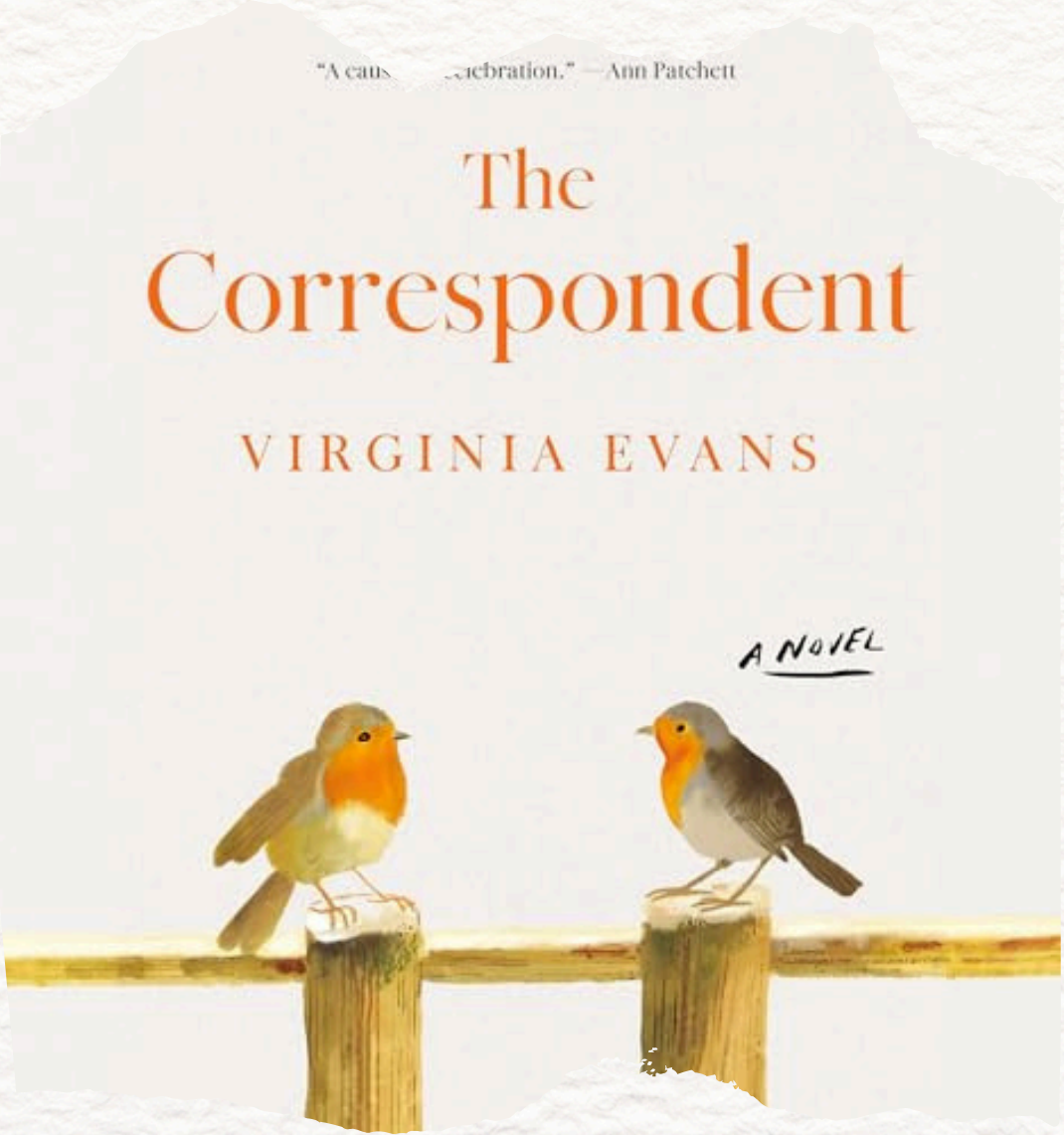
FOR YOUR DREAM SMILE



BOOK CLUB

NEXT BOOK!!!

Email me if you want to join the Book Club!!!!



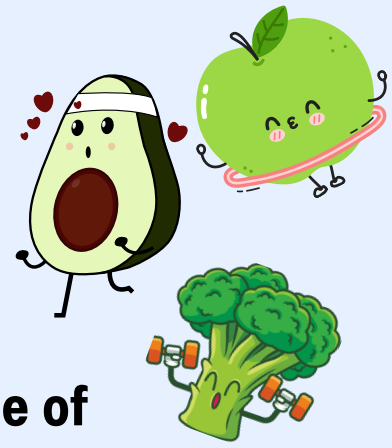
WELLNESS CHALLENGE

We have 20 participants!!!

🥇 1st place – 50% of the pot

🥈 2nd place – 30%

🥉 3rd place – 20%



The winner is based on the highest percentage of body fat lost, not pounds



Something healthy to try!

Mediterranean Quinoa Salad

Ingredients:

- 1 cup cooked quinoa
- 1 cucumber (diced)
- 1 bell pepper (chopped)
- 1/4 cup olives (sliced)
- 1/4 cup hummus (for dressing)
- Lemon juice & olive oil

How to Cook:

- Mix all veggies with quinoa.
- Whisk hummus, lemon juice, and olive oil.
- Toss together and serve chilled.






26


500
Ravensburger Puzzle
GEN CON














SMITH











