

LRMC's 'Ask the Doctor' Jan. 24

Dr. J.J. Martinez will host a free Ask the Doctor lunch-and-learn session on Jan. 24 from noon to 1 p.m. at Lane Regional Medical Center. The topic is: Recognizing and Overcoming Hearing Loss.

Space is limited and reservations are required. To register for the session, or to make an appointment with Dr. Martinez, call (225) 243-6129 or (877) 358-6130.

Blood drive at Lane RMC

United Blood Services will hold a blood drive at Lane RMC on Jan. 27 from 7 a.m. until 2:30 p.m. The blood drive is open to the public and registration is not required. However, donors are encouraged to sign up online at www.bloodhero.com - Sponsor code: LaneRegional.

Donating blood is a simple, safe, life-saving, and selfless gift that millions of Americans can give. LRMC and UBS have joined to stress the importance of giving the gift of life through the donation of blood.

Scale Down sets orientation

Want to find out how the Scale Down life-style and weight loss program can benefit you? Call 658-4463 to schedule your free, no-obligation information session. These sessions are held on Thursdays at 11:30 a.m. and 7 p.m. in January at the Scale Down Center, 6300 Main Street, Building G, located behind Lane RMC's fitness trail. Seating is limited and registration is required.

Super Bowl tourney at Bluffs

The Bluffs will host the Super Bowl Scramble II on Feb. 5. The two-man scramble format begins with a 9 a.m. shotgun start. The number of entries will determine the number of flights, which will be flighted by score, except the championship flight. Mulligans are available. The cost is \$85 for non-members and \$65 for members. A meal is included and there will be a cash bar available all day. Register at the pro shop or at www.thebluffs.com. Call (225) 634-5757 for information.

Zachary DU Banquet Feb. 10

The Zachary Ducks Unlimited Banquet will take place on Feb. 10 from

6 p.m. to 9 p.m. at St. John the Baptist Catholic Church gym in Zachary. This event is open to the public and tickets are \$40 and include dinner, drinks and an annual Ducks Unlimited Membership. For tickets visit <http://mo.ducks.org/louisiana/events/26736/zachary-banquet>

Curves offers complete program

Curves, the fitness franchise designed exclusively for women, has developed Curves Complete, a simple, easy-to-follow weight-loss plan that combines the three keys to taking off weight and keeping it off: diet, exercise and motivation. Curves of Zachary wants you to try it free for one week.

The Curves Complete program is designed to help dieters lose up to 20 pounds and 20 inches in just 90 days. Women are seeing real results and sharing their success stories with others at www.facebook.com/curves.

"Personal coaching is the heart of the program," said Brenda Wiltz, Zachary Curves owner.

All Curves Complete participants receive a health assessment and a 15-minute, personalized weekly coaching session with a certified Curves coach that includes a weigh-in, progress assessment, goal review and monthly body measurements to track results. For information about Curves Complete and Curves of Zachary's free trial week offer, call (225) 658-6555. For information on Curves, visit www.curves.com.

Boutique opens in New Roads

New 2 You, an upscale resale boutique, has opened at 866 West Main Street (where Steel Magnolias used to be). New 2 You carries designer, name-brand ladies clothes, purses, shoes and jewelry, ladies sizes 0-16, and little girls sizes 4-12.

This is how it works: Bring in your gently used brand name clothing, purses, shoes and jewelry (brands such as: Ann Taylor, Gap, Loft, American Eagle, Hollister, The Limited and Talbots). While you check out the latest styles in the store, the buyer will review your items. The buyer will create an offer based on style, condition, brand and the store's current stock levels. Once you accept the offer, you'll be on your way with some extra cash or a new outfit.

Stay up-to-date on promotions and sales by joining the Facebook page 'New 2 You' or follow them on Twitter, username 'new2youshop.'

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