



Updated January 2012

WomanPlus® and 55PLUS® Members Take Advantage of Great Discounts!

MEMBERSHIP DISCOUNTS (Please Read)

Note to consumer:

The listing of the following merchants does not indicate an endorsement of the merchants by Methodist Healthcare System. WomanPlus® and 55PLUS® memberships now entitle members to new, special, free and/or discounted services and benefit programs for their personal use. All members must show their WomanPlus® or 55PLUS® membership identification card in order to access these special discounts. If you need to have your card replaced, please call the Methodist Healthcare HealthLine at 210-575-0355 to request a new card.

IMPORTANT: Please be sure to ask the merchant if they still give discounts to WomanPlus® and 55PLUS® members as participating merchants change regularly.

To receive notices via email of new merchant discounts, submit your email address to us at:
<http://www.sahealth.com/your-health/going-green.dot>

Note to merchant:

If you are no longer interested in being a merchant or you wish to become a merchant, please contact Brianna at brianna.ward@mhshealth.com.

If you wish to become a merchant, please provide the following information via email or fax:

Your name and email address
Name of your business
Business address, phone number and website address
Discount you would like to offer members

Thank you,

Brianna Ward

Brianna Ward
Manager of Membership Services
Methodist Healthcare

Restaurants, Health, Beauty, Retail and more:

Present your WomanPlus® or 55PLUS® membership card to receive the below discounts. If you are calling for an appointment, mention that you are a member of WomanPlus® or 55PLUS® when scheduling your appointment.

AARP Driver Safety Program

Four-hour course is \$12 per person for AARP members and \$14 per person for nonmembers, payable by check or money order at the door. AARP membership is not required. Advance registration is required, and seating is limited. Call the Methodist Healthcare HealthLine at 210-575-0355 or 800-333-7333 to sign up for a class.

Abbey's Hair Studio

999 E. Basse in Alamo Heights
210-829-5448
www.abbeyshairstudio.com
Discount: 20 to 30% off any service. First time customers receive 30% off first visit.

Amabel's Salon and Accessories

8923 Culebra Rd. ste 109
210-647-4611
Discount: 20% off on all services and retail. \$10 women's haircuts on Tuesdays and Wednesdays.

At Your Service- Prestigious In Home Care, Inc.

4245 Center Gate
210-226-7373
www.atyourservicesanantonio.com
Discount: 5% off the cost of In Home Care services

EDC Moving System

3703 N. Pan Am Expressway
San Antonio, TX
210-227-3491
www.edcmovingsystems.com
Discount: Up to 65% off interstate household moves

Ballet San Antonio

903 Proton Rd.
210-251-3404
\$5 discount off ticket price

Bil Sullivan Photography

627 Johnson Ave., Seguin, TX
830-822-0755
www.BilSullivanPhotography.com
bilsullivan@hotmail.com
Discount: 15% discount on San Antonio area family or high school senior photography, 20% discount for family or high school senior photography in Seguin (studio and/or outdoors), 10% discount on weddings, memorial service or event photography

Black-Eyed Pea

(Fredericksburg Rd. & Medical Dr. location)
210-614-3825
Discount: 15% discount on your meal. Does not include alcohol, tax or gratuity.

Broadway Magic Series

Members of 55PLUS® or WomanPlus® purchase discounted theater tickets directly by going to eventusher.com. Password: 55/WOMANPLUS.. Discounts range from 15%-40%. Unless otherwise noted, everyone needs a ticket, regardless of age. Please visit the website for prices and the most updated listing of shows.

Daily Donut

7614 Culebra, Suite 101
210-520-6210
Discount: Buy one dozen donuts and receive one dozen donut holes free.

Drums' Along the Guadalupe

TREEHOUSE LODGE
2057 Blueridge Drive, Canyon Lake, TX
830-899-7007
Discount: 50% discount for stays of two nights or more, between September 15, 2010 and May 1, excluding holidays.

Feldenkrais Classes

210-344-9874
Discount: \$5 off

Fire Bowl Café

255 E. Basse Rd.
210-829-0887
www.firebowlcafe.com
Discount: 10% discount off entire bill, excluding alcoholic beverages.

Gourmet Burger Grill #1

18414 US Hwy 281 N. Suite 116
210-545-3800
www.gourmetburgergrill.com
Discount: 10% off order excluding alcoholic beverages

Gourmet Burger Grill #2

11224 Huebner Rd. Suite 206
210-558-9200
www.gourmetburgergrill.com
Discount: 10% off order excluding alcoholic beverages

Guadalupe Dance Studio

(In Hemisfair Park at the Institute of Mexico)
210- 271-3151

\$5 discount on monthly tuition for children & adult dance classes in Mexican Folkloric & Spanish Flamenco.

Health & Wellness Seminars

by Methodist Healthcare
210-575-0355 HealthLine
www.SAHealth.com

Visit www.SAHealth.com/Calendar to view a list of FREE seminars and events offered by Methodist Healthcare.

Holloway Tours

210-342-6912

Visit www.SAHealth.com, click "Membership Services" then "Travel" to view discounted travel packages. Call Susan Holloway for more information.

Infant Massage Classes

210-680-3960

For info on benefits and registration, call Pam DeJesus, RN, certified infant massage instructor.

Integrative Healing Institute

7122 San Pedro Ave, Ste 106
www.naturalreflexes.com
210.967.4400 (office)

Discount: 10% off total purchase or single therapy session (cannot be combined with any other offer; Biotone products excluded). Members also receive a free deluxe sample kit.

Josephine Theater

The Josephine Theater offers all shows at only \$14 per ticket for 55PLUS® and WomanPlus® members. Call Margie, ticket coordinator, at 210-734-4646 for questions or ticket purchases Monday through Saturday from 11 a.m. to 4 p.m. Present your WomanPlus® or 55PLUS® membership card to purchase tickets at a discount.

McDonald's®:

Many McDonald's® locations offer discounts to members. Please ask each location if they offer a discount. Discount varies.

My Painting & More: Home and Office

SCTRCA-certified, SBE MBE VBE
BCMS-Circle of friend's member
3222 NW Loop 410, Suite 91

Contact: Richard DeLeon, owner at:
210-862-6440 or deleonrichard@yahoo.com

Discount: 10% off interior or exterior work. Services include painting, drywall, general repairs, flooring, carpentry, staining, power washing, electrical, plumbing, weather proofing and wall covering

Payless Home Improvements

210-REMODEL

10% discount on painting services and all home improvements such as additions, sunrooms, roofing and handyman work

Rennert Travel Trips

210-524-3331

Visit www.SAHealth.com, click "Membership Services" then "Travel" to view discounted travel packages. Call Cindy for more information.

Salado Creek Boutique at Los Patios

2015 NE Loop 410
210-590-4844

Saladocreekboutique.com

Discount: Bring your *Gazebo Restaurant at Los Patios* lunch receipt to Salado Creek Boutique and receive 15% off purchases over \$25.

San Antonio Symphony

228 E. Houston Street
210-554-1000, Ext. 152

Discount: 10% discount off of all single ticket purchases and 20% off of season ticket packages for the current season. Mention "Karen's" name to receive the discount.

Smoothie King #1

1141 N. Loop 1604 East
San Antonio, TX
210-545-2426

Discount: \$1 off 20oz or larger smoothie

Smoothie King #2

11411 Bandera Rd.
San Antonio, TX
210-684-8800

Discount: \$1 off 20oz or larger smoothie

**Stork's Nest at Methodist Women's Center
8109 Fredericksburg Road**

210-575-0261

Discount: 10% discount on sales greater than \$50.00. (Cannot be combined with any other offer).

Sushihana Japanese Restaurant

1810 NW Military Hwy.

210-340-7808

www.sushihanasan.com

Discount: 10% discount off entire bill, excluding alcoholic beverages.

Sylvia's Mexican Grill

5282 Medical Dr., Suite 115

210-614-4007

www.sylviasmexicangrill.com

Discount: Receive 10% off your entire bill. Not valid with any other offer.

Tai Chi Classes- Chiquita Picardo

210-653-1866

Discount: For information on classes please contact Chiquita Picardo

**The Building Rx
Heating and Air Contractor**

210-649-2642

Discount: Free allergy/ asthma/ mold consultation plus 25% off labor services on heating and air conditioning services

The Granite Co.

1818 West Ave

210-385-8883

Discount: Free Rugby® heavy duty, duel bowl stainless steel sink (\$340 value) with installation of 25 sq. feet or more of granite counter tops.

Yoga With Light Hand Weights

210-364-8859

Discount: For information on classes please contact Gloria.