

ANOTHER WAY TO PUT IT

It's Me Time, which means it's time to...

- unwind
- loosen up
- amuse myself
- chill
- ease up/off
- slow down
- de-stress
- unbend
- luxuriate
- feel tranquil
- chill out
- fit in some downtime
- rest
- put one's feet up
- take it easy
- hang loose
- take a chill pill
- take a load off
- calm down
- repose
- feel peaceful
- recreate
- enjoy myself
- have some fun
- get a little R and R



ME TIME DRAWING

This month, we will draw names for a gift certificate or gift basket that will help you enjoy the Me Time you deserve. Tell us how you plan to spend Me Time and we will enter your name in our drawing. **Drawing will be held November 7th.**

*Entrants do not need to be present to win.  
Fill out, detach and give to your representative.*

NAME: \_\_\_\_\_  
PHONE/EMAIL: \_\_\_\_\_  
ME TIME: \_\_\_\_\_

ABOUT ARISTA MEDICAL IMAGING

- Open MRI
- Convenient Scheduling
- Excellent Radiologists
- Patient-Centered Service

DIRECTIONS:

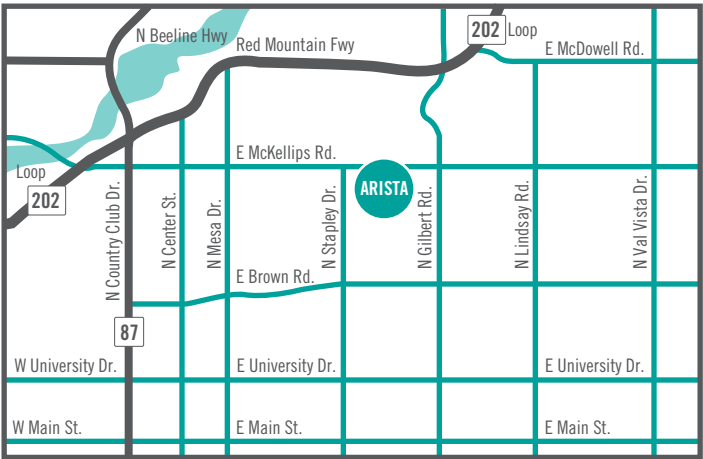
**FROM THE NORTH:** Take AZ-101 Loop South to 202 Loop / Red Mountain Fwy East. Take exit 12 (McKellips Rd Exit) and turn RIGHT onto McKellips Road. Stay on McKellips Road 2.6 miles and turn RIGHT into our parking lot.

**FROM THE WEST:** Take 202 Loop / Red Mountain Fwy East. Take exit 12 (McKellips Rd Exit) and turn RIGHT onto McKellips Road. Stay on McKellips Road 2.6 miles and turn RIGHT into our parking lot.

**FROM THE EAST:** Take US-60 / Superstition Fwy West. Take exit 182 (Gilbert Rd Exit) and turn RIGHT onto Gilbert Road heading North. Turn LEFT onto McKellips Rd. After 0.8 miles turn LEFT into our parking lot.

**FROM THE SOUTH:** Take AZ-101 Loop North to 202 Loop / Red Mountain Fwy East. Take exit 12 (McKellips Rd Exit) and turn RIGHT onto McKellips Road. Stay on McKellips Road 2.6 miles and turn RIGHT into our parking lot.

**ADDRESS:** 1345 E McKellips Road, Suite 103 / Mesa, AZ 85203  
**Ph** 480-644-9878 / **Fx** 480-644-9879



FOCUS ON THE WHO

# MAKING TIME FOR YOU

“What a busy summer! The speed at which life seems to be moving can be overwhelming. The problem is, we can be so busy attending to the things that need our attention that we forget to pay attention to ourselves. We sometimes find we’re not fully present, for either the fun or the tough stuff. So our advice this month: take some Me Time. Remember, the more you take care of yourself, the more useful you can be to others.” – **Martin J. Farrell**, Arista Medical Imaging



FOCUS ON THE WHO

[www.aristamri.com](http://www.aristamri.com)