



### **BestHealth Membership Program – Merchant Discount Participants**

As a member of the BestHealth program of Wake Forest Baptist Medical Center, you can receive discounts at select merchants in the Winston-Salem area. Please show your BestHealth membership card at time of purchase. Discounts are valid for the individual member only, not groups.

#### **ARTS**

##### **Reynolda House Museum of American Art**

2250 Reynolda Rd., Winston-Salem

Phone: 336-758-5150

Web: [www.reynoldahouse.org](http://www.reynoldahouse.org)

Discount: BestHealth members purchase one adult admission and get one free. Children under 18 admitted free. Wake Forest University Baptist Medical Center employees receive free admission for employee and one guest.

#### **RESTAURANTS AND RELATED BUSINESSES**

##### **Bayberry Bistro at the Hawthorne Inn**

420 High St., Winston-Salem

Phone: 336-397-8302

Web: [www.wakehealth.edu/Hawthorne-Inn/Bayberry-Bistro.htm](http://www.wakehealth.edu/Hawthorne-Inn/Bayberry-Bistro.htm)

Discount: 20% discount in restaurant excluding special holiday promotions and alcoholic beverages.

##### **Crosby Pub & Restaurant (Village Inn Event Center)**

6205 Ramada Dr., Clemmons

Phone: 336-971-6567

Web: [www.thevillageinn.com](http://www.thevillageinn.com)

Discount: 10% off food (excluding alcohol).

##### **Midtown Café & Dessertery**

151 S. Stratford Rd., Winston-Salem

Phone: 336-724-9800

Web: [www.midtowncafews.com](http://www.midtowncafews.com)

Discount: Complimentary slice of plain five-flavor pound cake or cookie with purchase of full meal.

##### **Miyabi Japanese Restaurant and Sushi Bar**

5286 US Hwy 158, Advance

Phone: 336-941-3418

Web: [www.Miyabijapaneses.com](http://www.Miyabijapaneses.com)

Discount: 10% off excluding alcoholic beverages and gratuity.

##### **River Birch Lodge**

3324 Robinhood Rd., Winston-Salem

Phone: 336-768-1111

Web: [www.riverbirchlodge.com](http://www.riverbirchlodge.com)

Discount: Complimentary order of homemade Lodge Chips –select potatoes sliced thin, seasoned and served with cilantro-lime and goat cheese peppercorn sauces -- with the purchase of an entrée \$9.95 or higher.

**Sweet Frog Yogurt**

6297 Towncenter Drive, Clemmons

Phone: 336-778-1801

Web: [www.sweetfrog yogurt.com](http://www.sweetfrog yogurt.com)

Discount: 20% off each cup of yogurt purchased by a BestHealth member. To receive discount show a valid BestHealth membership card.

**TCBY Yogurt**

5038 Peters Creek Parkway, Winston-Salem

Phone: 336-784-6101

Web: [facebook.com/tcbywinston-salem](https://facebook.com/tcbywinston-salem)

Discount: 10% off your order not valid with any other offer.

**Tokyo Japanese Steakhouse**

1111 Salisbury Ridge Rd., Winston-Salem

Phone: 336-722-5009

Web: [www.tjsteakhouse.com](http://www.tjsteakhouse.com)

Discount: 10% off, Sunday through Thursday, holidays not included.

**Wake Forest Baptist Health Food & Nutrition Services**

Medical Center Boulevard, Winston-Salem

Phone: (336) 713-3009

Discount: 20% discount at the Ardmore Cafeteria

**FITNESS / WELLNESS****Advocare**

Online store

Phone: 336-481-9033

Web: [www.championsteam21.com](http://www.championsteam21.com)

Discount: Health and wellness – 20% on meal replacement shakes and Spark energy drinks.

**BAM Nutrition**

18 W. 1<sup>st</sup> Avenue, Suite A, Lexington

Phone: 336-843-4262

Web: [www.bamn nutrition.weebly.com](http://www.bamn nutrition.weebly.com)

Discount: Free meal – including meal replacement shake, herbal tea, and mango aloe. For first time visitors!

**Brittian Chiropractic Center**

205 S. Stratford Road, Suite L, Winston-Salem

Phone: 336-293-8931

Web: [www.brittianchiropracticcenter.com](http://www.brittianchiropracticcenter.com)

Discount: Initial consultation with the doctors at no charge for BestHealth members.

**Karate International of Advance**

160 Webb Way, Advance

Phone: 336-486-6542

Web: [www.KIAdvance.net](http://www.KIAdvance.net)

Discount: One week of free classes and 25% off of our regular rates.

**Oak Valley Golf Club**

261 Oak Valley Blvd., Advance

Phone: 336-940-2000

Web: [www.oakvalleygolfclub.com](http://www.oakvalleygolfclub.com)

Discount: 2 pm cart fee only golf November thru March; April thru October 4pm cart fee only golf. 15% off pro shop merchandise (excludes bags, clubs).

### **Smiley's Golf and Learning Center**

2397 W Clemmons Road, Winston-Salem

Phone: 336-765-7733

Web: [www.smileysgolf.net](http://www.smileysgolf.net)

Discount: BestHealth members 50% off launch monitor golf lesson. Full computer golf lesson with information emailed along with video.

### **Sunrise Yoga Studio**

6000 Meadowbrook Mall Ct., Suite 1, Clemmons

Phone: 336-778-1233

Web: [www.sunriseyoga.net](http://www.sunriseyoga.net)

Discount: 10% discount on any 90 day class card. New students only; may not be combined with other discounts.

### **Wake Forest Baptist Health Aquatic Program**

Medical Center Boulevard, Winston-Salem

Phone: 336-713-8082

Web: [www.wakehealth.edu/Aquatic-Programs](http://www.wakehealth.edu/Aquatic-Programs)

Discount: \$5.00 off of one month or 1 free visit.

## **GIFTS & JEWELRY**

### **Maxwell Jewelers**

Reynolda Manor Shopping Center, 2828 Reynolda Rd., Winston-Salem

Phone: 336-724-7826

Web: [www.maxwelljewelers.com](http://www.maxwelljewelers.com)

Discount: 10% off watch battery.

### **Wake Forest Baptist Health Gift Shop**

Main Lobby, North Tower, Winston-Salem

Phone: 336-716-4466

Web: [wfbgiftshop.com](http://wfbgiftshop.com)

Discount: 5% of all merchandise.

## **HOME**

### **Grocery On Board**

8025 North Point Blvd., Suite 279, Winston Salem

Phone: 336-354-3578

Web: [www.groceryonboard.com](http://www.groceryonboard.com)

Discount: \$5.00 off first delivery service.

### **The Produce Box**

900 Withers Road, Raleigh

Phone: 336-624-4291

Web: [www.theproducebox.com](http://www.theproducebox.com)

Discount: Use code TRIAL to try produce box for 1 week for a deferred membership fee.

### **Village Frame Shop**

409 West End Boulevard, Winston-Salem

Phone: 336-724-6565

Discount: 10% off on custom framing and accessories.

## **PETS / BIRDING SUPPLIES**

### **2 Spoiled Pups Mobile Grooming**

Phone: 336-692-7780

Web: [www.2spoiledpups.com](http://www.2spoiledpups.com)

Discount: \$5 off your pet's grooming.

**Reynolda Veterinary Hospital, P.A.**

2600 Reynolda Rd., Winston-Salem

Phone: 336-725-9111

Web: [www.reynoldaveterinaryhospital.com](http://www.reynoldaveterinaryhospital.com)

Discount: 15% off your pet's initial visit.

**Wild Birds Unlimited**

568 Hanes Mall Blvd., Winston-Salem

Phone: 336-774-1906

Web: <http://winstonsalem.wbu.com>

Discount: 20% off one item, excluding sale items.

**PHOTOGRAPHY****Snyder Photography, Inc.**

6269 Arden Circle, Clemmons

Phone: 336-766-6792

Web: [www.snyderphoto.com](http://www.snyderphoto.com)

Discount: 10% discount towards total purchase.

**SALONS / DAY SPAS / MASSAGE****Aeracura Salon**

101 A Reynolda Village, Winston-Salem

Phone: 336-448-0792

Web: [www.aeracurasalon.com](http://www.aeracurasalon.com)

Discount: 15% off Aveda services with BestHealth membership card.

**Essential Balanced Bodywork**

2575 Old Glory Rd., Ste.500, Clemmons

Phone: 336-918-9343

Web: [www.essentialbalancedbodywork.com](http://www.essentialbalancedbodywork.com)

Discount: \$10 off any service (Relaxation or Deep Tissue Massage, Structural Bodywork, Reflexology and Acutonics Sound Healing).

**HaiRoot Non-Surgical Hair Replacement Spa**

1505 Bearhollow Road, Greensboro

Phone: 336-541-6963

Web: <http://HaiRoot.com>

Discount: 10% off all scalp services and products. Excludes consultation and custom wigs (cannot be combined with other discounts).

**Halo Aveda Salon and Spa**

690 Jonestown Road, Suite 400E, Winston-Salem

Phone: 336-893-9604

Web: [www.haloaveda.com](http://www.haloaveda.com)

Discount: 10% off all services. Standard rate of \$49/month for spa membership for BestHealth members.

**Michael Fields Salon & Day Spa**

3445 Robinhood Road, Ste. D, Winston-Salem

Phone: 336-760-6066

Web: [www.michaelfieldsinc.com](http://www.michaelfieldsinc.com)

Discount: 10% off spa service.

**VanDavis Aveda Lifestyle Salon/Spa**

244 S. Stratford Road, Winston-Salem

Phone: 336-761-1133

Web: [www.vandavisaveda.com](http://www.vandavisaveda.com)

Discount: 10% off on all services

**WFBH Facial Plastic and Reconstructive Surgery**

2341 Lewisville Clemmons Road

Phone: 336-713-3265

Web: [www.wakehealth.edu/ENT/Facial-Plastic-and-Reconstructive-Surgery/corrective-skin-treatments.htm](http://www.wakehealth.edu/ENT/Facial-Plastic-and-Reconstructive-Surgery/corrective-skin-treatments.htm)

Discount: 15% off esthetic services (Only includes services performed by esthetician. Excludes laser services)

**WFBH Massage Therapy Program**

Medical Center Boulevard, Winston-Salem

Phone: 336-716-8304

Web: [www.wakehealth.edu/Recreation-Therapy/Massage-Therapy.htm](http://www.wakehealth.edu/Recreation-Therapy/Massage-Therapy.htm)

Discount: \$5.00 off on massages 30 minutes or more (cannot be combined with any other offer)

**SPORTING GOODS / APPAREL / FOOTWEAR****BE Shoes**

260 South Stratford Road, Winston-Salem

Phone: 336-722-0747

Discount: 10% off all regular priced merchandise.

**Fleet Feet Sports**

278 Harvey Street (next to LA Fitness on Stratford Road), Winston-Salem

Phone: 336-722-8477

Web: [www.fleetfeetwinston-salem.com](http://www.fleetfeetwinston-salem.com)

Discount: 10% off all regularly priced footwear, apparel and accessories.

**Mainstream Boutique**

110 Oakwood Drive, Ste. D, Winston-Salem & 126 Mooresville Commons Way, Ste. C, Mooresville

Phone: 336-448-1485 and 704-662-9306

Web: [www.winstonsalem.mainstreamboutique.com](http://www.winstonsalem.mainstreamboutique.com) and [www.mooresville.mainstreamboutique.com](http://www.mooresville.mainstreamboutique.com)

Discount: 10% off all regularly priced purchases (not to be combined with other offers/ valid on in-store purchases only).

**New Balance Winston-Salem**

Thruway Shopping Center, 202 S. Stratford Rd., Winston-Salem

Phone: 336-722-9559

Web: [www.newbalance.com](http://www.newbalance.com) [www.dunhambootmakers.com](http://www.dunhambootmakers.com)

Discount: 10% off all regularly priced footwear, apparel and accessories.

**Omega Sports**

414 S Stratford Road, Winston-Salem

Phone: 336-760-9172

Web: [www.omegasports.net](http://www.omegasports.net)

Discount: 10% off non-sale items.

**TRAVEL****Salty Dog Cruise & Travel Planners**

8 Cedar Branch Drive, Thomasville

Phone: 336-476-7088

Web: [www.saltydogcruiseandtravelplanners.com](http://www.saltydogcruiseandtravelplanners.com)

Discount: \$100.00 off any cruise or land package 7 days or longer.

## **VISION**

### **Wake Forest Baptist Health Optical Designs – Country Club**

4610 Country Club Road, Winston-Salem

Phone: 336-713-0747

Web: [WakeHealth.edu/eye](http://WakeHealth.edu/eye)

Discount: 20% off eyeglass lenses and frames

### **Wake Forest Baptist Health Optical Designs – Janeway**

Wake Forest Baptist Medical Center, Janeway Tower, 6<sup>th</sup> floor, Winston-Salem

Phone: 336-716-4888

Web: [WakeHealth.edu/eye](http://WakeHealth.edu/eye)

Discount: 20% off eyeglass lenses and frames.