



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

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

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

Discount: 10% off food (excluding alcohol).

Midtown Café & Dessertery

151 S. Stratford Rd., Winston-Salem

Phone: 336-724-9800

Web: 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

Discount: 10% off excluding alcoholic beverages and gratuity.

River Birch Lodge

3324 Robinhood Rd., Winston-Salem

Phone: 336-768-1111

Web: 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

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

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

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

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

BAM Nutrition

18 W. 1st Avenue, Suite A, Lexington

Phone: 336-843-4262

Web: 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

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

Oak Valley Golf Club

261 Oak Valley Blvd., Advance

Phone: 336-940-2000

Web: 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

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

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

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

Discount: 10% off watch battery.

Wake Forest Baptist Health Gift Shop

Main Lobby, North Tower, Winston-Salem

Phone: 336-716-4466

Web: 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

Discount: \$5.00 off first delivery service.

Village Frame Shop

409 West End Boulevard, Winston-Salem

Phone: 336-724-6565

Discount: 10% off on custom framing and accessories.

PETS / BIRDING SUPPLIES**Reynolda Veterinary Hospital, P.A.**

2600 Reynolda Rd., Winston-Salem

Phone: 336-725-9111

Web: 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

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

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

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

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

Discount: 10% off spa service.

VanDavis Aveda Lifestyle Salon/Spa

244 S. Stratford Road, Winston-Salem
Phone: 336-761-1133

Web: 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

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

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

New Balance Winston-Salem

Thruway Shopping Center, 202 S. Stratford Rd., Winston-Salem
Phone: 336-722-9559
Web: www.newbalance.com 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
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
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
Discount: 20% off eyeglass lenses and frames

Wake Forest Baptist Health Optical Designs – Janeway

Wake Forest Baptist Medical Center, Janeway Tower, 6th floor, Winston-Salem
Phone: 336-716-4888
Web: WakeHealth.edu/eye
Discount: 20% off eyeglass lenses and frames.