



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

As a member of the BestHealth program of Wake Forest University 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: 758-5150

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

Discount: 10% off adult admission (children under 18 admitted free). Wake Forest University Baptist Medical Center employees receive free admission for employee and one guest.

#### **The Sawtooth School for Visual Art**

226 N. Marshall St., Suite D, Winston-Salem

Phone: 723-7395

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

Discount: \$35 for an individual membership (a \$15 savings off the regular price of \$50). Membership benefits: tuition discounts on classes and workshops, invitations to special events and more.

### **Automotive**

#### **Campus Gas & Service**

1231 Polo Rd., Winston-Salem

Phone: 499-4300

Discount: \$21.99 oil, lube and filter (includes 20 pt. maintenance inspection and fluids topped off, up to 5 quarts) and 10% off labor for repairs (certain limitations apply; call store for details).

#### **West End Auto Clinic**

1501 West First St., Winston-Salem

Phone: 777-1360

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

Discount: \$22.99 oil, lube and filter (incl. 20-point maintenance inspection and fluids topped off up to 5 quarts) and 10% off labor on repairs (certain limitations apply; call store for details).

### **Dining**

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

420 High St., Winston-Salem

Phone: 397-8302

Web: [www.hawthorneinn.com/bayberryrestaurant](http://www.hawthorneinn.com/bayberryrestaurant)

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

#### **Midtown Café & Dessertery**

151 S. Stratford Rd., Winston-Salem

Phone: 724-9800

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

#### **New Town Bistro**

420 Jonestown Rd., Winston-Salem

Phone: 659-8062

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

Discount: 10% off excluding alcoholic beverages and gratuity.

### **North Carolina Baptist Hospital Food & Nutrition**

Ardmore Cafeteria, Watlington Hall Deli, Cancer Center Café

Discount: 10% off at all three eateries located in N.C. Baptist Hospital.

### **River Birch Lodge**

3324 Robinhood Rd., Winston-Salem

Phone: 768-1111

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

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

### **Salem Kitchen**

50 Miller St., Winston-Salem

Phone: 722-1155

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

Discount: 10%

### **The Loop Pizza Grill**

320 S. Stratford Rd., Winston-Salem

Phone: 703-9882

Discount: 10% off excluding alcoholic beverages, gift certificate and gratuity.

### **Tokyo Japanese Steakhouse**

1111 Salisbury Ridge Rd., Winston-Salem

Phone: 722-5009

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

Discount: 10% off Sundays through Thursdays only

### **Twin City Diner**

1425-A West First St., Winston-Salem

Phone: 724-4203

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

Discount: 10% off your meal, excluding alcohol and gift certificates

## **Fitness / Wellness**

### **Jimmy Mac's Golf Range** (formerly Cedar Pointe Golf Center)

2397 W Clemmons Rd., Winston-Salem

Phone: 765-7733

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

Discount: Buy one mini-golf, get one free. Buy one medium bucket, get one free.

### **Oak Valley**

261 Oak Valley Blvd., Advance

Phone: 940-2000

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

Discount: April – October: 4 pm cart fee only; November – March: 2 pm cart fee only. 15% off pro shop merchandise (excludes balls and clubs). Mention BestHealth membership when making tee time and present card upon check-in.

### **Sunrise Yoga Studio**

6000 Meadowbrook Mall Ct., Suite 28, Clemmons

Phone: 778-1233

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

Discount: 10% off a series of classes, new students only.

## Gifts

### **Maxwell Jewelers**

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

Phone: 724-7826

Discount: 10% off all sale and non-sale items

### **North Carolina Baptist Hospital Gift Shop**

Main Lobby of the North Tower at Wake Forest University Baptist Medical Center

Phone: 716-4466

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

Discount: 5% of all merchandise.

### **Silpada Designs Jewelry**

Contact: Kelly Dixon

Phone: 712-1322

Web: [www.mysilpada.com/kelly.dixon](http://www.mysilpada.com/kelly.dixon)

Discount: 10% off any jewelry purchase.

## Home

### **Frame Gallery**

Reynolda Manor Shopping Center, Winston-Salem

Phone: 724-0904

Discount: 10% off custom picture framing and all merchandise. Plus, a special offer of a FREE signed and numbered print for the first 200 BestHealth customers (with membership card).

### **HT Plumbing & Solar** (formerly Helios Technologies)

Stratford Industrial Park

3835 Westpoint Blvd., Suite 103

Phone: 705-1117

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

Discount: 10% discount on services ranging from plumbing to solar installation and solar goods.

### **Mattress Factory**

820 South Main St., Kernersville

Phone: 993-9991

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

Discount: 10% or \$200 discount (whichever is less), excluding Tempur-pedic®

## Pets / Birding Supplies

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

2600 Reynolda Rd., Winston-Salem

Phone: 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: 774-1906

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

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

## Photography Services

### **Snyder Photography**

6269 Arden Circle, Clemmons

Phone: 766-6792

Web: [www.snyderphoto.com](http://www.snyderphoto.com)  
Discount: 10% discount toward total purchase.

## **Salons / Barbers**

### **Jay Tomes, master barber @ Serenity Salon & Spa**

470 Knollwood St., Winston-Salem  
Phone: 784-9364

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

Discount: \$10 off your first "Executive Men's Grooming Package" (incl. wash, scalp massage, cut, straight razor neck shave); \$5 off each visit thereafter.

### **Steel Roots Hair Salon**

1436 River Ridge Dr., Clemmons  
Phone: 778-2332

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

Discount: 20% off any hair service.

## **Sporting Goods / Apparel / Footwear**

### **Fleet Feet Sports**

1204-A Reynolda Rd., Winston-Salem  
Phone: 722-8477

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

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

### **Foot Solutions**

Thruway Shopping Center, Stratford Rd., Winston-Salem  
Phone: 725-3366

Web: [www.footsolutions.com/winstonsalem](http://www.footsolutions.com/winstonsalem)

Discount: 10% off merchandise.

### **4 Runners Only**

Reynolda Village, Reynolda Rd., Winston-Salem  
Phone: 722-2489

Web: [www.4runneronly.com](http://www.4runneronly.com)

Discount: 10% off merchandise.

### **Hush Puppies Shoes**

Hanes Mall, Winston-Salem  
Phone: 760-3830

Discount: 10% off all regular priced merchandise.

### **New Balance Winston-Salem**

Thruway Shopping Center, Stratford Rd., Winston-Salem  
Phone: 722-9559

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

Email: [nbwinstonsalem@bellsouth.net](mailto:nbwinstonsalem@bellsouth.net)

Discount: 15% off all footwear, apparel and accessories, excluding clearance items.

### **Omega Sports**

Silas Creek Crossing, 3274 Silas Creek Parkway  
Phone: 760-9172

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

Discount: 10% off non-sale items.

## **Vision**

### **Coliseum Eye Associates**

631 Coliseum Dr., Winston-Salem  
Phone: 723-1041  
Web: [www.wfubmc.edu/eye/clinical/optical.htm](http://www.wfubmc.edu/eye/clinical/optical.htm)  
Discount: 20% off eyeglass lenses and frames.

**University Optical Services**

Wake Forest University Baptist Medical Center, 6<sup>th</sup> floor, Janeway Tower, Winston-Salem  
Phone: 716-4888  
Web: [www.wfubmc.edu/eye/clinical/optical.htm](http://www.wfubmc.edu/eye/clinical/optical.htm)  
Discount: 20% off eyeglass lenses and frames.