

~ Contour Dermatology New Year Resolutions ~



The beginning of a New Year is a great time for reflection and for making changes that will improve your life. About 45% of Americans make New Year's resolutions, with losing weight as the top resolution. Making a resolution, especially if you have the fortitude to stick to it and see it through, can bring great rewards. Here is a sampling of resolutions from the Contour Team. Maybe they will inspire you to make one of your own!

"To buy a new laser machine so I can have all of the latest technology for my patients."

~ **Dr. Timothy Jochen**

"To maintain my 2015 resolution of losing 25 pounds. I want to continue to keep it off!"

~ **Judy Dewyer, Medi-Weightloss Counselor**

"To actually use the gym membership that I just bought!"

~ **James Thomason, Medical Assistant**

"To spend more time with my grandma. She has dementia and I want to spend as much time as possible with her this year!"

~ **Kylie William, Director of Marketing**

"To start saving money to buy a house."

~ **Jessica Murdock, Front Office Supervisor**

"To go on more mini-vacations with my family!"

~ **Maylissa Hernandez, MA, Manager** (mother of two)

"To learn to speak French."

~ **Courtney Raymond, Medi-Weightloss Receptionist**

"To go on more hikes. The desert has so many great hikes that I don't take the time to experience. I would obviously wear my favorite Neova tinted sunscreen!"

~ **Kelly Bergman, Receptionist**

"To get CoolSculpting! I work out all the time and still have areas I want to improve."

~ **Jesse Salas, Medical Assistant**

"I want to learn to sing and play guitar."

~ **Julio Esparza, Medical Assistant**

"To stop smoking. I can't handle getting wrinkles and the damage it is doing to my skin."

~ **Jessy Balesteri, Receptionist**

"To learn how to cook. I want to be on 'Iron Chef' one day!"

~ **Jordan Potesta, Receptionist**

"To do things that make me feel healthier – like focusing on my passions such as art and taking my dogs to the dog park more often."

~ **Erica Antonacci, Receptionist**



~ Congratulations to Contour Medical Biller Yesenia Romero and Her Family ~

Please join the Contour Staff in welcoming
Gabriel Xavier Romero

Born December 28, 2015 • 7.15 lbs, 21 inches
Proud Parents: Gilbert and Yessenia Romero
and Big Sister Sophia

