



**PRESS RELEASE**

## **HUNTSMAN SPRINGS BRINGS ABOARD KARI ERDMAN AS WELLNESS CENTER DIRECTOR**

DRIGGS, IDAHO (March 10, 2014) [Huntsman Springs](#) has announced that Kari Erdman has been chosen as the director of the community's new Springs Well Center and Spa.

"I am excited about the addition of Kari as our Wellness Director at Huntsman Springs. Kari's focus and expertise are to ensure that mind, body and spirit are all in harmony, which is exactly the reason we chose the name *Wellness Center* for our new facility at Huntsman Springs," said Julie Bryan, Designated Broker of Huntsman Springs.

Kari is an accomplished holistic nutrition and wellness coach and health promotion professional who holds a Master's of Science degree in Health Promotion Management from Nebraska Methodist College and is a Certified Holistic Health Coach through the Institute for Integrative Nutrition. She is also a certified Yoga Instructor through YogaFit.

"I am grateful to have this opportunity to guide the development of the Wellness Center and have an impact on the health and well-being of the members, guests and staff. The Wellness Center will be an extension of the beautiful natural surroundings as a place to experience rejuvenation, healing and relaxation. As Virgil, the ancient Roman poet, put so beautifully, 'Health is your greatest wealth,' and the Wellness Center will serve as that symbol of health and vitality for the Huntsman Springs community," said Erdman.

501 HUNTSMAN SPRINGS DRIVE | DRIGGS, IDAHO 83422

PHONE 208.354.9660

FAX 208.354.9605

HUNTSMANSPRINGS.COM

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In addition to being open for year-round use by Huntsman Springs property owners and their guests, the Wellness Center offers a social membership available to members of the public.

The Springs Wellness Center and Spa features a state-of-the-art fitness facility offering TechnoGym® equipment, men's and women's locker rooms, private fitness coaching, and classes on topics such as holistic nutrition, wellness coaching, yoga and more. Massages, manicures and pedicures, and facials are also offered. At the Wellness Center's market and water bar, patrons can enjoy healthy sandwiches and wraps, freshly prepared foods and spa products.

Outside overlooking the Tetons and the tenth hole of the golf course is a large swimming pool for laps or simply relaxing, as well as a shallow children's water play area for toddlers and youngsters. There are multiple hot tubs, including one that will stay open through the winter. Huntsman Springs property owners and their guests are welcome to use the Wellness Center year-round.

*The Watering Hole*, an inviting poolside bar and grill, offers an eclectic menu ranging from chicken fingers for kids to healthful comfort food and tasty beverages distinctive to Huntsman Springs.

For more information about Huntsman Springs and its new Wellness Center, please call 208-354-9660.

**Media Contact:**

Christopher Pearson

Ofc. 305-967-8225

Cell 305-972-3850

[chris@davidpearsonassociates.com](mailto:chris@davidpearsonassociates.com)

