

**HAPPY NEW YEAR  
FROM PAUL AND SUSANNE CARTER**



**Proud grandparents of Keaton William Mielcarek.**



**THIS PAST YEAR 2014** I am ever grateful to my students, clients and family.

My successful personal training is now located in a new location in the Milwaukee area, Form & Fitness, 10590 N. Port Washington Road, Mequon. I continue to teach SWEATnDANCE and I am thankful to the many ladies who workout each Monday night. College students keep me young at heart in Aerobic Dance, UW-Milwaukee. At Alverno College I have created Yoga Mix an adult education course which has grown into two nights a week. My pride and joy is The Parkinson's Dance Class. I teach this class with three other colleagues. It is modeled after Dance for PD developed by David Levanthol of the Mark Morris Dance Group in Brooklyn, NY. In August 2014 I went to Brooklyn for the Dance for PD training. This was a highlight to my year.

Paul Carter is enrolled as a jazz guitar major at UW-Milwaukee. He is working towards a degree to be completed in 2016. He practices ALL the time and is becoming a better musician. This is like running and training for a marathon!

**For 2015 Paul and Susanne wish everyone health and happiness.**