

JUNE newsletter

EXPERIENCE HEALTH AND WELLNESS CENTER

JOIN US FOR OUR JUNE WORKSHOP NIGHT!

Mark your calendars for June 23rd! Our monthly workshop night is back, and we can't wait to see you there. Our Doctors will walk through what inflammation can look like in everyday life, what may be contributing to it, and practical ways to support your body naturally from the inside out. Bring a friend, ask questions, and learn practical tips to support your health and wellness.

Grilled Steak With Sauce Rof



CELEBRATING ANOTHER YEAR OF HEALTH & COMMUNITY!

In May we celebrated another amazing year at Experience Health and Wellness Center! We're so grateful for our patients, friends, and community who make our work so rewarding. From helping families feel better to seeing patients return to the activities they love, every day reminds us why we do what we do. Thank you for trusting us with your health. We look forward to many more years together! ❤️

Summer Wellness Tips

Summer is the perfect time to keep your body moving and your health on track! Stay active with outdoor activities, enjoy nutritious seasonal foods, and make time for rest and recovery. Small, consistent habits now make a big difference for long-term health and energy.



Summer Closure Notice

Just a reminder! Our office will be closed June 29 - July 3rd this summer. We hope you enjoy the season, spend time with family, and stay active! Make sure to schedule any visits ahead of time so your summer plans stay on track.



Don't Forget to Hydrate!

Hot days, active schedules, and summer fun can deplete your fluids fast. Keep a water bottle handy, sip throughout the day, and watch how staying hydrated helps your energy, recovery, and overall wellness. Your body will thank you!

