



## THE WELLNESS INSIDER

FEBRUARY 2020

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### **It's New!**

ONE Wellness Center is excited to introduce our first issue of *The Wellness Insider*. Our goal is to stay connected with you throughout the



year. *The Wellness Insider* will be part educational, part informative, and have an entertaining twist. You'll also get to know our practitioners as they'll be writing articles for the newsletter.

*The Wellness Insider* is a new venture for us. Join us as we reach for new heights!

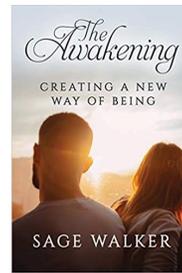
Johanna Rae Woodside, LMT, CST, RM and ONE Wellness Center owner

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### **A Message from the Spiritual Universe**

*The energy for 2020 feels like all dreams are possible. Do not resist possibilities. They are your gifts from the universe and your higher self. They are the wisdom of your soul. They have been waiting for you to notice them. There are no restrictions.*

*Be in peace and joy as you move through life. It welcomes you into a new awareness. Let the old go. Let it be free. It brings you freedom. Each time you are a new being of light for the universe. You shine brighter as you look within and be the gift you truly are. Honor this and know it is the truth. We honor and celebrate every aspect of who you are.*

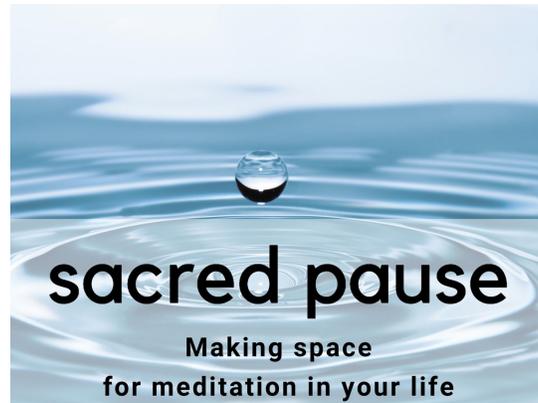


Sage Walker has been a scribe of spiritual wisdom for many years. Her new book, *The Awakening: Creating A New Way of Being*, is available at [Amazon.com](https://www.amazon.com), ONE Wellness Center, Lori's Natural Foods, and The Purple Door Soul Source.

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**Awesome New Events**

From learning meditation techniques and living your healthiest life in 2020 to launching a new book, it's happening at ONE Wellness Center! For more details on events and classes, [click here to view ONE Calendar](#).

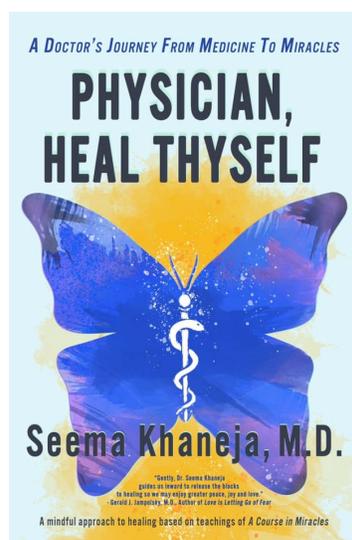


**February 5**



**February 6, 13 and 20**

[Click here to view Christine Porter's Video](#)





*Refreshing Drinks*

### Wellness Tip of the Month

Do you have dry skin during the winter months? There are all kinds of creams and lotions to put on our skin, but **we also need to hydrate our bodies from the inside**. We tend to drink fewer fluids during the winter.

Let's change that. Ready for tips on how to make your drinking water more flavorful?

1. By adding fruit or herbs into a pitcher of water to infuse overnight in your fridge, you'll have a tasty drink.

\* Cut up some fresh fruit, such as lemons, pineapples, oranges, grapefruits or any berries.

\* Even just the peels of some citrus fruits, such as lemons, oranges or limes will release their delicious oils.

\* Got some fresh herbs left over from cooking, such as basil, peppermint, lemongrass or ginger? Put some in your water pitcher for a healthy hot or cold drink.

2. Here's another option. How about adding cucumber slices for a refreshing taste?

3. You can even add a splash of fruit or vegetable juice to your glass of water (no need to infuse this one).

Experiment and see which tastes you like the best. Enjoy!



Thanks to Grace LaDelfa, LMT, CCH, RM for February's wellness tip. Grace is certified in Clinical Hypnosis. She also practices Massage, CranioSacral Therapy, Reiki, and Energy Healing.

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### **Ready to Sample Wellness With Your Friends?**

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Book Your Wellness Sampler event at ONE Wellness Center. (Now, that's a lot of wellness!)

Here's how one recent Sampler guest described her experience:

*"The Sampler provided a wonderful opportunity to try treatments that I would not have on my own. I got to try Reiki, Massage, and Harp Healing with Colors for the first time in one evening!"*

*Being able to talk with the practitioners in an informal setting was helpful, and most of all, participating with friends made the whole experience relaxing and fun."*

Doesn't this sound cool? Get a group of your friends together. For more info, [click here to view Wellness Sampler](#).

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### **Fun February Facts: Did You Know?**

Feb. 4: Facebook's Birthday (2004)

Feb. 9: Read in the Bathtub Day, also Toothache Day (Interesting!)

Feb. 18: Cow Milked While Flying in an Airplane Day  
Feb. 20: Love Your Pet Day (We love our pets everyday!)  
Feb. 23: Tootsie Roll Day  
Feb. 29: Happy Birthday, Superman!

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**Be Kind To Yourself Everyday. Practice WELLNESS.**

**[onewellnessnesscntr.com](http://onewellnessnesscntr.com) | 585.645.4221**



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