



**THE WELLNESS  
CONNECTION**

**RESTORING HEALTH & RELIEVING DISCOMFORT**

April is National Stress Awareness Month. We will be sharing healthy ways to manage the impact stress has on our well-being on our Facebook page throughout the month. You can find us at [www.facebook.com/thewellnessconnectionmentor](http://www.facebook.com/thewellnessconnectionmentor). And to get us moving, April also features National Walking Day on April 3rd.

This simple yet effective exercise we can all do improves cardiovascular health, helps maintain a healthy weight, improves flexibility in joints and gives a boost to your mental health. Lace up your shoes and get walking!



**BEMER Therapy Sessions**

*Monthly Memberships:*

\$120 for unlimited sessions,  
No appointments necessary/No contract

Open Therapy Hours:

**8:00 a.m. to 11:00 a.m. Monday - Friday**  
**3:00 p.m. to 6:00 p.m. Monday - Thursday**  
\*please arrive at least 10 min before closing

*New Clients:* Initial Consultation & Session  
by appointment. Call 440-796-2179  
Learn more at [thewellnessc.com](http://thewellnessc.com)

**Our Inaugural Wellness Wednesday Event:  
Rebalance & Relax: Restorative Yoga**

Wednesday, April 24th  
11:30a.m. - 1:00p.m.  
at The Wellness Connection  
\$15 per person

Join us to learn how this gentle practice helps to release tension and promote deeper relaxation.

Info session with Connie Casey, CYT-300,  
45 min class & light refreshments.

Register in the studio or call 440-796-2179

**Did you Know???**

If you are looking to unwind after a long day or simply cultivate a greater sense of peace and well-being, incorporating restorative yoga into your daily routine will help you reap the benefits of nourishing your body, mind and soul. Be sure to check out our latest blog post to learn more:

<https://thewellnessc.com/blog>

