



**THE WELLNESS
CONNECTION**

RESTORING HEALTH & RELIEVING DISCOMFORT

Spring into Motion: Better Circulation, Less Pain

Spring is here, and it's the perfect season to take your wellness routine outdoors! To keep your joints and muscles feeling great for those daily walks, our sessions work to enhance microvessel blood flow, reducing the inflammation that holds you back.

We love seeing our community grow; if you refer a friend who joins, you'll receive a discounted month as a token of our appreciation!



Cleveland Fitness Sampler

Experience 25 minute back-to-back "tastes" of fitness from various studios + health/wellness experience stations. The Wellness Connection will be there with delicious + nutritious drink samples along with our wellness scans with personalized plans.

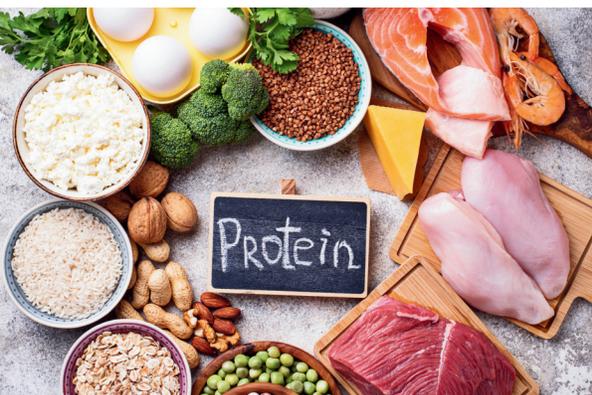
Sunday, April 19th
The Madison Venue
Payne Avenue, Cleveland
<https://bit.ly/4bbNreG>

Beyond the Tea with The Helicopter Daughter

We are excited to partner with The Helicopter Daughter for their first session in the "Beyond Tea Series". We will guide attendees through the important connection between circulation and inflammation: why healthy blood flow plays a vital role in reducing stiffness, fatigue & chronic inflammatory patterns. Each guest will walk away with curated wellness essentials to ensure they have everything they need to take the guesswork out of managing inflammation to start feeling better.

Wednesday, April 22nd 11:30am - 1:00pm
9010 Tyler Blvd. Suite G

Register: <https://bit.ly/40JVHxA>



Did you Know???

Most "protein-packed" snacks on the grocery shelf are just junk food in a gym suit. If you're tired of the marketing traps and want to know how to actually fuel your body using the "Power of 30," this blog is for you:

<https://thewellnessc.com/blog>

Spring Hours: 8-11am M/W/F and 3-6pm Monday through Friday

Initial Consultation & Sessions for new clients are by appt: Call 440-796-2179

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