



**THE WELLNESS  
CONNECTION**

**RESTORING HEALTH & RELIEVING DISCOMFORT**

**Holiday Pricing and Studio Happenings**

Special Pricing ~ \$99 for your monthly memberships in December as the studio will be closed Dec. 24th-26<sup>th</sup>, 31<sup>st</sup> and Jan 1<sup>st</sup> & 2nd

Come see us at:

The Helicopter Daughter for "Sip, Scan, and Shine"  
on Sat, Dec 6<sup>th</sup> 10am-3pm 9010 Tyler Blvd.

Morris Chiropractic for Ladies Night  
on Tues, Dec 9<sup>th</sup> 7-8:30pm 1545 Mentor Ave.



**Acupuncture in our Studio**

This fall we welcomed acupuncturist, Jason Macko, to our studio on Fridays & Saturdays.

This therapy can be used to support digestion, boost immunity, and manage chronic conditions—making it a powerful partner in your wellness journey.

Come experience the calm, the balance, and the benefits.

Call Jason at 201-819-8741 today to book your appointment.

**MELT + Mindful Metrics**

Join us on Saturday, Dec 13<sup>th</sup> from 9:00am – 10:30am at Pinnacle Life Wellness ~ 35104 Euclid Ave #105 Willoughby

The MELT Method® (MELT®) is a revolutionary self-care system designed to help you improve performance & eliminate mental and physical stress before it causes pain and dysfunctions. Using soft rollers and balls, MELT blends mindful meditation and breathwork techniques to help boost the body's natural healing mechanisms.

Included is a personalized wellness scan & health plan with Karen from The Wellness Connection.

More info & tickets: [EVENT](#)



**Did you Know???**

As we head into the busy holiday season, your body could use a little extra attention. This month's blog shows how easy it can be to get a snapshot of your wellness—and what it may be craving. You can read our blog here:

<https://thewellnessc.com/blog>

**Walk-In Hours: M-F 8am to 11am and M-TH 3pm to 6pm**

Initial Consultation & Sessions for new clients are by appt: Call 440-796-2179  
[thewellnessc.com](http://thewellnessc.com) 8353 Mentor Avenue Suite 10 Mentor, OH 44060