



THE WELLNESS  
CONNECTION

RESTORING HEALTH & RELIEVING DISCOMFORT

Spring and the start of summer in Northeast Ohio likes to keep us guessing—one day sunshine, the next you're reaching for a jacket again. This can serve as the perfect reminder to stay consistent with the basics: support your immune system, keep moving, & give your body what it needs to keep up with the season's ups and downs. Coming in for sessions at least three times a week can make all the difference in your overall well-being. We hope to see you this season!



Did you Know???

The majority of people's wellness routines are as inconsistent as the weather. If yours is too, our latest blog is for you! Learn how you can feel better without overhauling everything. Find out how to get back to the basics:  
[bit.ly/4tqPKS6](http://bit.ly/4tqPKS6)

A Unique Shopping Experience

Union Creek Soap began as a locally woman-owned business that provided hand made soaps along with bath bombs and skincare. Last fall, the owner partnered up with other small businesses in a retail space at the Great Lakes Mall. The name was changed to Union Creek Trading Company which now sells teas, candles and other great gift items. You will find local honey, pottery, art, books and many more distinctive products inside the store, which is across from Pandora in the main concourse. The Wellness Connection is proud to showcase several supplements and coffees at this location.



Now Available at The Wellness Connection...

What if your morning latte could support your wellness goals instead of loading you up with sugar? A flavored coffeehouse latte can contain up to 50g of sugar – that's about 12 teaspoons in one drink. LatteKafe offers a smarter swap with 0g sugar, only 60 calories, and 10 functional mushrooms designed to complement your daily wellness routine. Creamy, delicious, and packed with ingredients like MCTs, mushrooms, and biotin, LatteKafe is the cozy upgrade your mornings have been waiting for.

Open Therapy Hours: 8-11a.m. M/W/F and 3-6p.m. M through TH

New clients call 440-796-2179 to sign up for 2 complimentary sessions:

8353 Mentor Avenue Mentor, OH 44060 [thewellnessc.com](http://thewellnessc.com)