

Cold and flu season has officially arrived, and it's a great reminder that a strong foundation matters. Supporting your body with the right vitamins and minerals can be one of the simplest ways to stay resilient—we have a daily powdered supplement in the studio to help you do just that.

If you're curious, stop in and try a sample.

Please note that our Winter Hours begin January 5th:

M/W/F 8:00-11:00 am and M-TH 3:00-6:00pm



Virtual New Year Challenges

Join us in a private Facebook Group as we tackle 3 areas of wellness:

Jan. 12th: Clean Slate Reset (detox)

Jan. 26th: Winter Belly Buster

Feb. 23rd: Toning from the Inside Out

Prizes, fun, and accountability make this the perfect way to focus on you & your well-being. For more info: text "challenge" to 440-796-2179

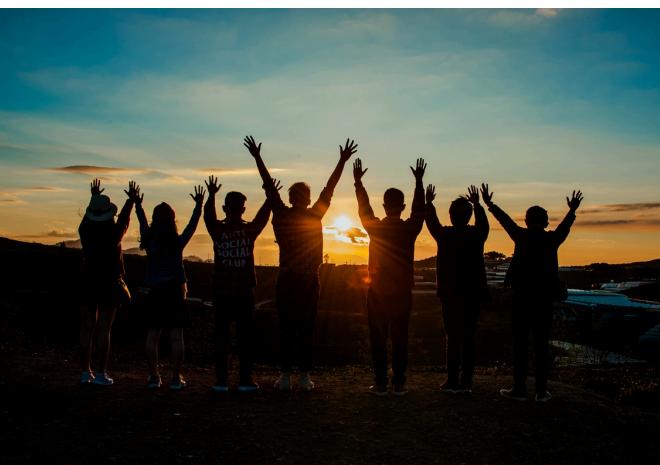
A New Wellness Tool for You to Try

At The Wellness Connection, we're always looking for ways to help you feel your best. We recently added a new service ~ wellness scans ~ they provide general information about your body's vitamin & mineral levels, toxins, digestive markers, PH balance and more.

This tool doesn't diagnose or replace medical testing, but many clients enjoy using it as part of their personal wellness journey.

Our goal is always the same: to help you feel supported, informed, and empowered as you work toward better well-being.

Follow us on Facebook to find out our next Wellness Scan Days.



Did you Know???

What if your next health goal didn't depend on willpower alone? Discover how accountability groups create motivation, consistency, & lasting improvements –and why showing up together changes everything. (it may even inspire you to join our next challenge)

Our latest blog post shares more info:

bit.ly/twcblogpost

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

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

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