



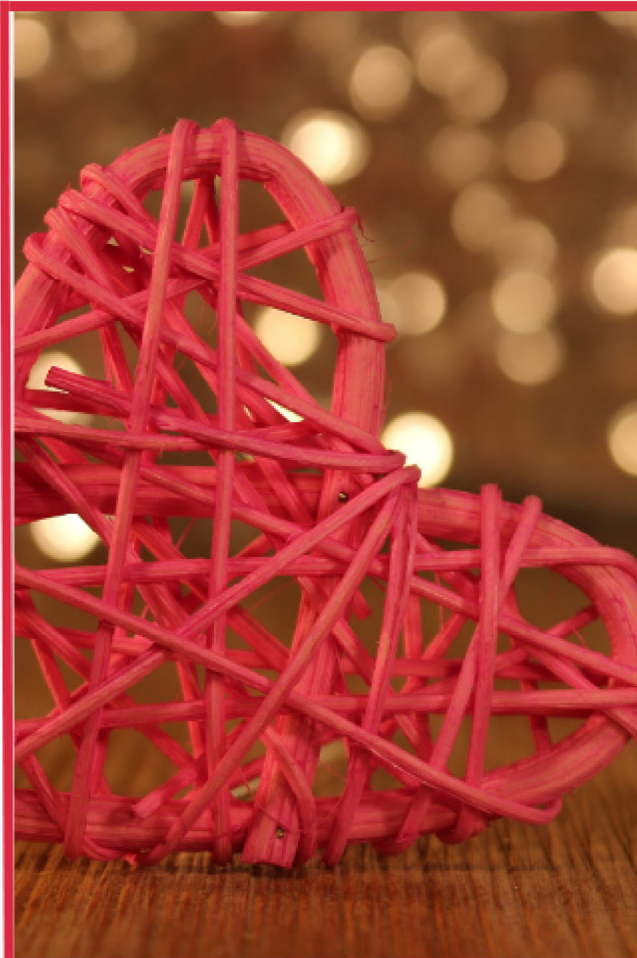
It's the month of love! Valentine's thoughts are in the air. But how do you find love if you haven't done so yet? Did you know that less than 15% of online dating results in a partner for life? And according to several online sources, most online dating partners last less than six months before you move on to the next potential date. So what's the best way to find your true love? Here are our top 5 recommendations:

1. Join clubs or activities that you actually enjoy and where other people participate in the same hobby or activity. Even if you don't meet the person of your dreams - you are having a great time and meeting new people.
2. Look up. You'll never find your true love with your eyes and face glued to your cell phone or computer.
3. Which also means - make yourself available to be noticed. Say hello to people, have a friendly attitude, and talk to strangers. You never know who you'll meet with your eyes wide open.
4. Exude confidence. Confidence often attracts others.
5. Be happy with yourself as you are - single or looking. Be you <3

LETTER FROM THE DIRECTOR

I'm over the moon excited to announce the debut of my first published children's book! I have been writing books for more than two decades. After my recent decision to step down as the publisher of a magazine, I finally had the time to get one of my books dusted off and on to the printing press. My long awaited dream has come true and *The Dog Who Wanted to Go to Church* will be available for pre orders February 15. After pre orders, this heartwarming story of Ann and Dorado will hit the mass market on April 1st - just in time for the upcoming holidays. So if you want to pay less and get it before anyone else (along with some swag) - check out www.mgspress.us/preorders to get your copy early.

En buena salud! In good health. Dr. Tracy E. Hill



Word on the Street

We are excited to announce that Mary Zappo will now offer evaluations for bariatric surgery candidates. Mary has first-hand knowledge regarding this transformative surgery. Combined with her professional counseling skills and her personal experience, she is the perfect clinician to help you through this medical process.

Recent Research

Did you know that married couples live longer? And couples in committed relationships (without the ring) live almost as long. And in my opinion, a pet can provide the same attachment as a human. So what are you waiting for? Find your human or pet today.

In another published study (*Current Psychology*) researchers confirmed what we already know: couples that share experiences about work and their every day life can offer balance to dual-earner couples and help increase relationship and life satisfaction.

Center Street Center is open M - F 8am - 8pm by appointment. You can book an appointment online or by calling the office.



SELF CARE

Make sure to feel gratitude for your situation - single or attached. Exercising gratitude every day has been proven to help with overall wellbeing and

BLENDED FAMILIES

Don't forget to encourage children to make Valentine's cards for everyone in the family - yours and theirs. Demonstrate to your

OVERALL WELLNESS

Spring seems to be in the air but don't be fooled by Mother Nature. It feels beautiful outside now, but in a few months, you'll think 48 degrees is cold! Take