HealthyWeighs® Wellness Center

June/July 2026 Wellness News

Welcome June! This is our annual June and July edition of Wellness News. On June 21st we celebrate both Father's Day and Summer Solstice. July 4th is right around the corner. Cheers to all the fathers, grandfathers, stepfathers, and the wonderful role models out there that deserve our love and accolades on this special day! Give that special dad a Healthy Weighs Wellness Center gift card, good for any wellness service or products at our center in any denomination. With summer right around the corner and beautiful weather coming our way, this is the perfect time to have a chiropractic adjustment, nutrition counseling session, facial/waxing, massage, reflexology session, or functional medicine assessment. Whether you are looking for pharmaceutical grade supplements, a Detox or Purification Program or just some pampering, Healthy Weighs Wellness Center is your one stop shop for all things wellness. This Wellness News has some fun and fabulous summer salad recipes that you will love. We are also excited to announce our new Patient Referral Rewards Program- We appreciate you and now we are providing a token of our gratitude for your referrals! Check out our flyer which explains this program. Dr. Julie is now providing complimentary notarial services to our patients and her real estate clients (by appointment only) as our way of showing you how much we care. Please take that much needed vacation this summer to rest, relax and recharge! You deserve it. Happy 4th of July! Come visit us today!

Healthy Recipe: Summer Tomatoes, Corn, Crab, and Avocado Salad

Happy Summer!

Summer is quickly approaching, though we've certainly had days that feel like it already. Most likely, you will be doing plenty of celebrating outdoors. In order to keep all your guests happy and healthy, it is important to know the proper rules regarding safe food storage:

- Do not keep food out for more than two hours (one hour if over 90ºF)
- Keep cold food at temperatures 40ºF or below (use coolers and ice packs)
- Keep hot food at temperatures 140ºF or above (use insulated containers or warming trays)

Summer Tomatoes, Corn, Crab, and Avocado Salad

Makes 7 Servings

Recipe courtesy of *skinnytaste.com*

Ingredients:

- 12 oz lump crab meat
- 1 pint grape tomatoes, cut in half
- 1 Hass avocado, diced
- 2 hot peppers, such as serrano or jalapeno, diced fine (seeds removed for mild)
- 1 ½ cups roasted corn kernels
- 1/3 cup chopped red onion
- 2 limes, juice of (or more to taste)
- 1 tsp olive oil
- 2 Tbsp chopped cilantro
- Salt and fresh pepper, to taste

Directions:

1. In a small bowl, combine red onion, lime juice, olive oil, pinch of salt and pepper.
2. Let them marinate at least 5 minutes to mellow the flavor of the onion.
3. In a large bowl, combine chopped crab meat, avocado, tomatoes, hot pepper, and corn.
4. Combine all the ingredients together, add cilantro and gently toss.
5. Adjust lime juice, salt, and pepper to taste.

Nutrition Analysis (per 1 cup serving) – Calories: 131, Total Fat: 6 grams, Saturated Fat: 0 grams, Sodium: 263.5 mg, Total Carbohydrate: 11.5 grams, Fiber: 4 grams, Protein: 9 grams

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More Summer Salad Recipes

Are you looking for some Fun, Filling and Flavorful Salad Recipes for the Summer? We have you covered. Presenting our Incredible Brussel Sprouts Salad and Cucumber Chickpea Salad. They are both easy to prepare and oh so YUMMY! Enjoy these salads as a side dish or as a meal topped with 3-4 oz. of lean protein such as chicken or salmon. ENJOY!!!

Brussels Sprouts Salad

Ingredients for 1 salad (makes 4-6 servings):

- Juice of ½ of a lemon
- 2 tablespoons of olive oil
- 1 tablespoon of apple cider vinegar
- 1 tablespoon of honey
- 1 tablespoon of Dijon mustard
- 12 oz bag of Brussels sprouts
- 1 apple
- 1 pear
- ¼ cup of chopped pecans
- ¼ cup of feta cheese

Step 1. Make the dressing. Add squeezed lemon juice, olive oil, apple cider vinegar, honey, and Dijon mustard into a medium-sized mixing bowl and stir until well combined.
Step 2. Prep the produce. Wash, trim, and shred the Brussels sprouts thinly (or use pre-shredded Brussels sprouts). Wash and thinly slice/chop the apple and pear.
Step 3. Assemble the salad. Add the Brussels sprouts, apple, pear, pecans, and feta cheese directly into the bowl with the dressing. Mix

everything together until well combined.

- Enjoy this salad as a side dish or as a meal topped with a protein (e.g., 3-4 oz. of chicken or salmon).
- Store leftover salad in the fridge for 2-3 days.

Cucumber Chickpea Salad

Ingredients for 1 salad (makes 2-4 servings):

- ⅔ cup plain non-fat Greek yogurt
- 1 tbsp water
- 1 tbsp lemon juice
- 1-2 cloves fresh minced garlic
- ½ teaspoon garlic powder
- 1 tsp dried dill
- 1 large English cucumber
- 1 16 oz can of chickpeas
- 1 cup of cherry tomatoes

Step 1. Make the dressing. Add Greek yogurt, water, lemon juice, fresh garlic, garlic powder, and dill into a medium-sized mixing bowl and stir well until combined.
Step 2. Prep the chickpeas and produce. Drain and rinse the chickpeas. Wash and chop the cucumber and tomatoes.
Step 3. Assemble the salad. Add the chickpeas, cucumber, and tomatoes directly into the bowl with the dressing. Mix everything together until well combined.

- Add 3-4 oz. of chicken breast, tofu, or grilled shrimp to turn this salad into a balanced meal or enjoy it as a side dish.
- Store leftover salad in the fridge for 2-3 days.

Healthy Weighs Wellness Center Gift Cards

Treat the father in your life to a Healthy Weighs Wellness Center gift card. It is good for any denomination and service that we offer. It is a gift that they really want and deserve. Who would not want to be treated to a relaxing massage or facial? We also offer nutrition counseling, chiropractic services, acupuncture, and reflexology. This is a gift they would not think of buying for themselves.

Stop in our center to pick up a gift card today! You can also purchase a gift card by calling or texting Healthy Weighs Wellness Center at (203) 775-1819

or by emailing us at reception@healthyweighs.com.

Do you want to Lose Weight this Summer?

New Patient Rewards Program

We are excited to announce our Healthy Weighs Wellness Center Rewards Program! We appreciate our patients and your referrals! At our team meeting, we decided to show our appreciation with A PATIENT REFERRAL REWARDS PROGRAM!! Refer a friend or family member to us. When the new patient comes in for their first appointment, you will get a REWARD from that practitioner. You will have UNLIMITED referral opportunities. Acupuncture Referrals will receive a Surprise “Bliss” package. Chiropractic Referrals will receive a Complimentary Orthotics Scan or BioPhotonc Antioxidant Scan. Nutrition Referrals will receive a Complimentary

Biophotonc Antioxidant Scan or Body Fat Analysis. Spa Referrals will receive either a Complimentary hand or scalp treatment. We appreciate our patients. THANK YOU so much for referring your friends and family to Healthy Weighs Wellness Center.

Patient Referral Rewards Program

Thank you for partnering with Healthy Weighs Wellness Center. We appreciate referrals and are excited to reward patients who connect new patients with our WELLNESS CENTER.

Referral Type	Referral Reward
Acupuncture Patient Referral	BLISS Package
Chiropractic Patient Referral	Orthotic Scan or Biophotonic Antioxidant Scan
Nutrition Patient Referral	Biophotonic Antioxidant Scan or Body Fat Analysis
Spa Patient Referral	Hand or Scalp Treatment

How It Works:

- Refer a patient to Healthy Weighs Wellness Center.
- Once the patient completes their first appointment, your referral reward will be issued.
- Unlimited referral opportunities available.

Notary Services Now Offered

At Healthy Weighs Wellness Center and Julie Dream Homes Team at eXp Realty, we're proud to offer complimentary notary services for our valued patients and clients as another way to serve our community with care, convenience, and professionalism.

We can assist with notarizing a wide variety of documents, including real estate documents, powers of attorney, wills and trusts, medical directives, affidavits, and more. Whether you need important paperwork handled quickly or simply want the convenience of a trusted local notary, we're here to help.

Notary services are complimentary for all current patients and clients. For members of the public, notary services are available for just $5 per notarized signature. Appointments are required. Please call 203-775-1819 for an appointment.

Standard Process Detox and Purification Programs

INVEST IN YOUR HEALTH

28-DAY DETOX PROGRAM

CLEANSE. RESET. RENEW.

NOURISH YOUR BODY. TRANSFORM YOUR LIFE.

TOXINS CAN CONTRIBUTE TO:

- Fatigue or Difficulty Sleeping
- Indigestion and Other Temporary Gastrointestinal Upset
- Food Cravings and Weight Gain
- Reduced Mental Clarity
- Low Libido
- Skin Issues
- Joint Discomfort

366 Federal Road,
Brookfield, CT
203-775-1819
www.healthyweighs.com
fb:healthyweighswellnesscenter

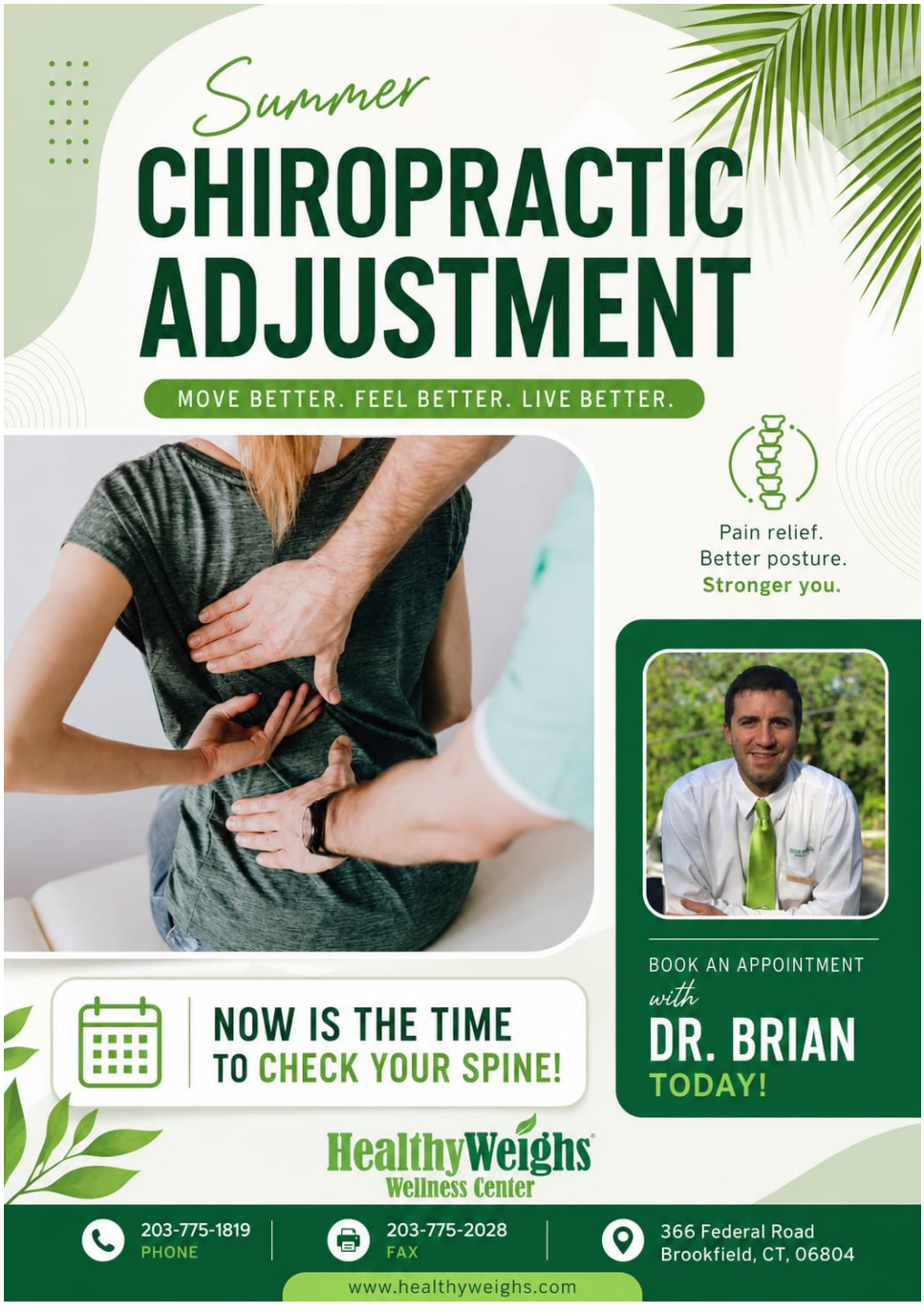
HealthyWeighs®
Wellness Center

YOUR HEALTH. OUR MISSION.

Summer Chiropractic Adjustment with Dr. Brian, Chiropractor

Summer is the perfect time to have a chiropractic adjustment. Please be careful about proper body mechanics when you are getting your outside

space ready for summer, so you do not injure yourself. Dr. Brian, our Chiropractic Physician and Medical Director, is at Healthy Weighs Wellness Center providing the finest in Chiropractic care. He offers a wide variety of services, including PEMF, Shock Wave Therapy, Kinesio Taping, Hot and Cold Packs, Electrical Stimulation, Customized Orthotics, Dry Needling, DOT/CDL Physicals, and so much more! You will see Dr. Brian for an hour for the initial assessment, and a half an hour for a follow-up. You will be impressed at how he takes his time with his patients to give them the best experience possible. The cherry on top is that he accepts most insurance plans!



Do you need a DOT/CDL Physical?

Do you or anyone you know need a DOT/CDL Physical? Look no further! Dr. Brian Conner, our Certified Medical Examiner, can perform these physicals in under an hour and often on the same day you need for only $150!

Father’s Day Spa Special with Cynthia, Cosmetologist

Our Licensed Cosmetologist, Cynthia Buczek, provides an individual treatment plan for all spa treatments and at home regimen. She promotes a very relaxing atmosphere. After your facial, you will feel exhilarated! She is amazing!

Cynthia offers a FREE 15-minute consultation for new clients.

Father's Day Introductory Special

Men's skin needs the same care as women's.
In honor of Men's Health Month,
give the men in your life the gift of a facial
by Cynthia, our Cosmetologist.

75-Minute Signature Facial
For Only $99 ($26 Savings!)
For all skin types with aging concerns.
Unique cosmeceutical blend of AHA's
plant derived stem cell technology,
and antioxidants to accerate
cell turnover and combat aging
effects on the skin.

For New Clients Only
Expires on
06/30/2026
Gift Cards are Available

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Acupuncture Specials with Toni, Acupuncturist

Toni King's style of Acupuncture is experienced by the patient as gentle yet powerfully effective. She is offering a discount on the initial acupuncture treatment for those of you who would like to try acupuncture. Please see her flyer for the details. Her patients love her, and she has gotten fabulous results! Just a reminder, Toni takes most Blue Cross Blue Shield insurance plans.

Acupuncture treats symptoms of many conditions, such as: Anxiety/Depression, Pain conditions or injury (new or old), Degenerative

conditions and many more. It also strengthens the immune system and creates an overall feeling of wellness. That is why it is often considered a Spa treatment, although it is so much more.

Acupuncture Specials with Toni King, MS, LAc

Initial consultation and acupuncture treatment with FREE Celluma Red Light Therapy for $120! (a savings of $40)

New Patients
Package of 6 Sessions for $595
Only $99 per treatment
(must be paid in full at time of purchase)
with choice of FREE 10-Minute Celluma Red Light Therapy (for those who have never had the pleasure), Cupping or Gua Sha

Offers Expire July 31, 2026

Make your appointment today by calling 203-775-1819

Gift Certificates are Available

HealthyWeighs®
Wellness Center

366 Federal Road, Brookfield, Connecticut
www.healthyweighs.com
fb:healthyweighswellnesscenter

Massage Therapy with Dorothyann, Massage Therapist

You deserve a Massage today with our experienced and talented Massage Therapist, Dorothyann Freifeld. She has received multiple 5-Star Reviews from her clients. Whether you book an appointment for relaxation or need

help with a health issue, you can count on Dorothyann to guide you on your way to wellness.

MASSAGE THERAPY WITH DOROTHYANN

Book an appointment with Dorothyann, our wonderful Massage Therapist!

Massage therapy can relax your muscles to help relieve common stress, boost overall energy, or refresh your mental and emotional outlook. It also helps with pain relief and improves circulation.

60 Minutes $125 Individual Session
90 Minutes $150 Individual Session

***MAKE AN APPOINTMENT TODAY BY CALLING DOROTHYANN DIRECTLY AT 917-855-0460**

Gift Certificates are Available

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Special Reflexology Package with Csilla, Reflexologist

Csilla Zakarias is our incredible Reflexologist at Healthy Weighs Wellness Center. She is just amazing, and her patients love her. If you are in pain, Csilla may be just what you need to be pain-free!

SPECIAL REFLEXOLOGY PACKAGES WITH CSILLA ZAKARIAS, CIMR, MT

FIRST SESSION OR SINGLE SESSION (UP TO 75 MIN): $145
(Hand + Feet Reflexology with Meridian Pressure Points)

SINGLE SESSION (UP TO 45 MIN): $99
(Intensive Feet Reflexology w/Meridian Pressure Points)
***Best if scheduled 2-3 times a week up to 4-6 weeks**

5 FULL SESSION PACKAGE: $135 PER SESSION
$675 ($50 DISCOUNT)
(Hand + Feet Reflexology with Meridian Pressure Points)
***Best if scheduled weekly**

Offers Expire July 31, 2026

ALL REFLEXOLOGY SESSIONS INCLUDE ESSENTIAL OILS

Call 203-775-1819 to make an appointment
Gift Cards are Available

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Free Tick Prevention Class

TICK PREVENTION

An Ounce of Prevention Can Save Many Lives

FREE TICK PREVENTION CLASS

THURSDAY, JUNE 18, 2026

5:30 PM

Come learn how to take care of protecting not only yourself, but your animals, your loved ones and your home.

Ticks are thriving this year.
Prevention and proper tick removal remain your best defense.

IN THIS CLASS YOU'LL LEARN:

- How to perform a thorough tick check
- How to properly remove a tick using fine-tipped tweezers
- Why prompt removal is so important
- Why the laundry basket may be one of the most dangerous places in your home after spending time outdoors
- How to protect your children, pets, horses, and loved ones
- The truth about Lyme disease myths and misconceptions
- What symptoms to watch for after a tick bite

DEMONSTRATION INCLUDED

- Proper tick removal techniques
- Tick removal tools and tweezers
- Tick Guard™ and other prevention products
- Photographs of ticks, tick bites, and common hiding places

LYME DISEASE MYTHS & FACTS

Myth: Everyone gets a bull's-eye rash.

Fact: Many people diagnosed with Lyme disease never develop the classic bull's-eye rash. In fact, most do not.

MY GARDEN, MY PROTECTION

"I love to garden. I'll share the simple routine I follow every time I come in from the garden that has prevented me from having a tick bite again."

ABOUT THE PRESENTER

Mary Powers has volunteered at the Lyme Connection in Ridgefield, CT for the past decade and is passionate about helping educate the community about Lyme disease prevention and awareness.

★ PLEASE RSVP ★

CLASS SIZE LIMITED TO 10 PEOPLE

RSVP to Mary Powers at

914-419-1570

You can text that or call me.

CLASS WILL BE HELD AT:

PEMF LONGEVITY CENTER

Located at the lower level of
Healthy Weighs Wellness Center building
366 Federal Road – Lower Level
Brookfield, CT 06804

Building parking is available on Old New Milford Road.

HealthyWeighs® Wellness Center
366 Federal Road
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&

PEMF LONGEVITY CENTER

Together, Healthy Weighs Wellness Center and PEMF Longevity Center hold a series of classes to give us all healthy longevity.

KNOWLEDGE. PREVENTION. WELLNESS. LONGEVITY.
OUR MISSION: TO EDUCATE, EMPOWER AND INSPIRE OUR COMMUNITY

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Improving Customer Experience ⚡ Review Wave

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