May 2026 Wellness News

Happy May!! Summer is right around the corner. We can't wait!

Have you purchased a gift for your favorite mom for Mother's Day yet? We have the perfect gift for you to give the wonderful mothers in your life…a Healthy Weighs Wellness Center gift card! Good for any denomination and for any wellness service in our center.

If you have not made summer plans yet, it is time to do so. We all need a vacation. Make sure that you book one today. Everyone needs a break. Memorial Day weekend is May 23rd to May 25th! It will be here before you know it. Enjoy the lovely May flowers!

This edition of Wellness News is packed with specials from our wellness practitioners. Check it out from end to end!

Have you recently made an appointment with a member of our Nutrition Team? As a reminder, our three nutritionists accept most insurance plans, and they can help you meet your nutrition goals in 2026. Looking to lose or gain weight? Concerned about your High Cholesterol and Triglycerides, Eating Disorder, Diabetes, Hypertension, Thyroid Disease, Irritable Bowel Syndrome, Menopausal issues, or other health issues? The solution may just be nutrition counseling with our medical nutrition team. Call us today at 203-775-1819 to schedule an appointment with one of our wellness practitioners. You will be glad you took the first step to become the best version of you!

Stay healthy! We hope to see you soon!

Healthy Recipe
Beans and Greens with Kale and Spinach

Happy Mother’s Day to all the mothers, stepmothers, godmothers, grandmothers, and fur-moms that come to our practice! We hope that there is plenty of rest and relaxation in your future to help you celebrate. Here is one recipe that we’re sure the mom in your life will love.

Beans and Greens with Kale and Spinach
Makes 4 Servings
Recipe courtesy of skinnytaste.com

Ingredients:

- 1 teaspoon extra virgin olive oil
- 1 shallot, chopped
- 4 cloves garlic, roughly chopped
- ¼ teaspoon crushed red pepper
- Two 15.5-ounce cans cannellini beans, drained and rinsed
- 1 ½ cups chicken broth, bone broth, or vegetable broth
- 1 teaspoon lemon zest
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 2 packed cups spinach, roughly chopped
- 2 cups Tuscan kale, stems removed and chopped
- 1 tablespoon lemon juice
- Parmesan cheese, optional for topping

Directions:

1. Heat a heavy bottom pot or Dutch oven over medium-high heat. Add the olive oil, shallot, garlic, and crushed red pepper flakes. Cook, stirring occasionally, until beginning to soften, about 2 minutes. Add the beans, bone broth, lemon zest, salt, and pepper.
2. Bring the mixture to a boil, then turn the heat down to low. Partially cover the pot with a lid and let simmer for 15-20 minutes, until the beans are very soft.
3. Turn the heat up to medium-low and use an immersion blender to blend about ⅓ of the beans. Add the spinach and kale, and stir to combine; you may need to do this in batches. Cook, while stirring, until the greens are wilted and well-mixed with the beans.
4. Remove from heat, and stir in the lemon juice. Season with salt and pepper to taste. Top with Parmesan cheese, if desired.

Nutrition Analysis (per ¾ cup serving) – Calories: 218.5, Total Fat: 3.5 grams, Saturated Fat: 0.5 gram, Sodium: 329 mg, Total Carbohydrate: 33 grams, Fiber: 10.5 grams, Protein: 14.5 grams

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Healthy Weighs Wellness Center Gift Cards

Treat the mother 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

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Do you want to Lose Weight this Spring?

Personalized Grocery Shopping Tours with Nutrition Resident, Hannah Jellen, M.S.

Our Nutrition Resident, Hannah Jellen, M.S., is offering Personalized Grocery Shopping Tours! Learn how to navigate the grocery store with confidence, read food labels, and make healthier choices for your lifestyle and goals! For an additional fee, she will also include a Personalized Meal Plan.

Standard Process Detox and Purification Programs

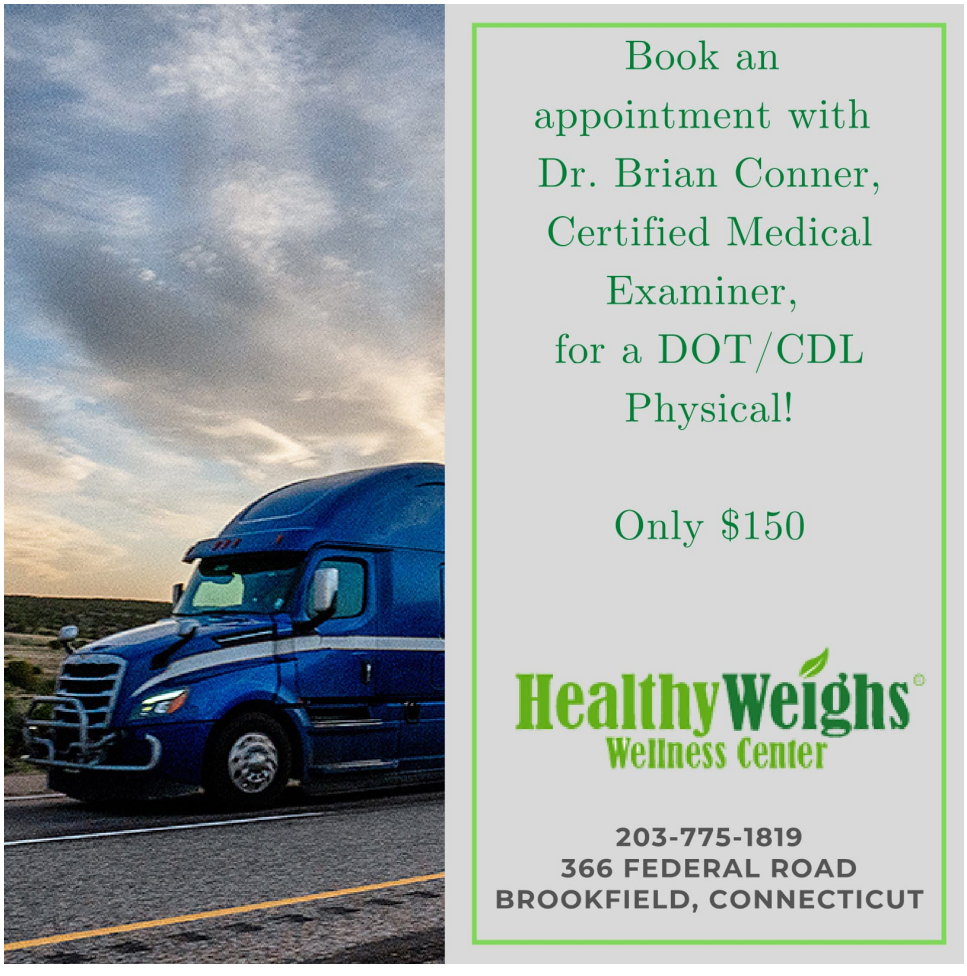
Spring Chiropractic Adjustment with Dr. Brian, Chiropractor

Spring 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 spring, 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!



Mother's Day Spa Special with Cynthia, Cosmetologist

Our Licensed Cosmetologist, Cynthia Buczek, provides an individual treatment plan for all spa treatments and at home regimens. 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.

Mother's Day
Introductory Special
with Cynthia, 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.

Gift Certificates are Available

For New Clients Only
Expires on
May 31, 2026

HealthyWeighs
Wellness Center

Freshen Up Your Skin
for Spring
Relax and Renew

366 Federal Road
Brookfield, Connecticut
203-775-1819

www.healthyweighs.com
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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.

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**

HealthyWeighs®
Wellness Center

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