HealthyWeighs®
Wellness Center

September 2026 Wellness News

Happy September! Summer truly flew by this year. We hope you are refreshed because you had a chance to get away and enjoy some summer fun. Now that the children are back at school, take the time to come in for a Nutrition Counseling session with one of our three Certified Dietitian-Nutritionists! We do accept most insurance plans, so give us a call. It is also a perfect time to get a chiropractic adjustment, a facial, acupuncture treatment, a massage or reflexology session. We hope you enjoy the long holiday weekend! September 22nd is the First Day of Fall. We are anxiously awaiting the beautiful fall colors. It is one of the best things about living in New England! Health and Happiness!!!

Healthy Recipe

Bento Box Turkey Club Roll Ups

Need some help packing lunches for your kids now that the new school year is upon us? The key is balancing food groups – fruits, vegetables, grains, dairy, and protein foods. When choosing dairy products, just be mindful of saturated fat content. For grains, try to incorporate whole grains when possible to increase fiber intake and help your child feel more satiated. The more colors in your child's lunch box, the better - with more nutrients too! Kids are more likely to finish their lunch if they get to help decide what's included. Here are some delicious kid-friendly options to pick and choose from each food group in order to get a good variety:

Fruits – berries, apple slices, clementines, grapes, melon
Vegetables – carrot sticks, celery sticks, bell pepper strips, cucumber slices, sugar snap peas, cherry tomatoes
Grains – bread, pita pocket, English muffin, small tortilla, unsweetened cereal, crackers, rice cakes, pasta salad
Dairy – yogurt, milk, kefir, cheese, dairy alternatives (almond milk, cashew milk, soy milk, oat milk, etc.)
Protein – hummus, skinless rotisserie chicken, tuna fish/tuna salad, hardboiled eggs, nut/seed butter, rolled-up deli meat slices, edamame, beans

Bento Box Turkey Club Roll Ups
Makes 1 Serving
Recipe courtesy of skinnytaste.com

Ingredients:

For the Turkey Club Roll Ups:

- 1 piece center cut bacon, or turkey bacon, cooked and cut up
- ½ Tbsp mayonnaise
- 1 soft taco-size flour tortilla
- 3 slices oven-roasted turkey
- Chopped romaine lettuce

For The Bento Box:

- 1 hard boiled egg, sliced
- 1 cheese stick, cut up
- Sliced cucumbers

• Sliced tomatoes
• Green grapes

Directions:

For the Turkey Club Roll Ups:

• Spread the mayo over the center of the tortilla, top with turkey, lettuce, and bacon, and roll tight. Cut into 1-inch thick slices and place into your bento box.

For The Bento Box:

• Fill the rest of the compartments with fruit, cheese, and veggies, and don't forget to leave a note!
Nutrition Analysis (per serving) – Calories: 465, Total Fat: 24.5 grams, Saturated Fat: 8 grams, Sodium: 685 mg, Total Carbohydrate: 28 grams, Fiber: 1.5 grams, Protein: 31 grams

*** Notes: Can decrease sodium with low sodium bacon and/or turkey, can reduce fat with less mayo and part-skim cheese. ***

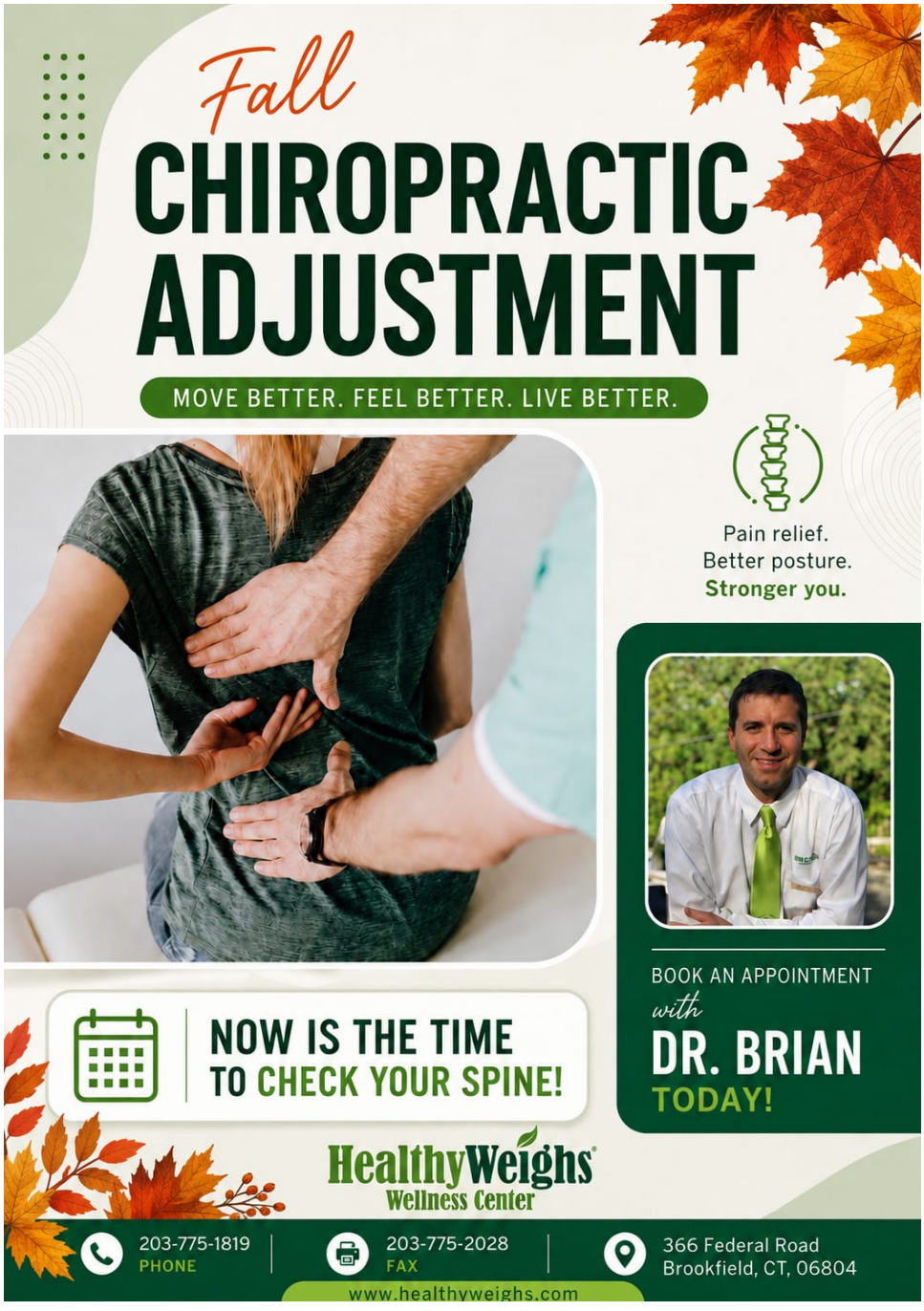
Do you need a DOT/CDL Physical?

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!

Fall Chiropractic Adjustment with Dr. Brian, Chiropractor

Fall is the perfect time to have a chiropractic adjustment. Please be careful about proper body mechanics when you are cleaning up your yard in the fall, 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 appointment. 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!



Fall Chiropractic Tips with Dr. Brian

When Cleaning up your Yard to get ready for (dare I say it) Winter, Prepare yourself by getting a Back Adjustment

Now that fall is approaching, before you know it, fallen leaves will be

gathering on your lawn and in your gutter, and lawn furniture will need to be stored away. Many people will spend time outside closing their pool and getting their lawns ready for the colder months ahead. Outside chores can provide a great workout, but with all the bending, twisting, reaching, and pulling, your body may not be ready for this kind of exercise.

It is important to stretch your muscles before reaching for your rake. The back, upper legs, shoulders, and wrists are all major muscle groups affected when lifting and carrying heavy lawn furniture.

"A warm-up and cool-down period are as important as it is for any other physical activity," says Dr. Scott Bautch, a member of the American Chiropractic Association (ACA) Council on Occupational Health. "Performing simple stretches during these periods will help alleviate injuries, pain and stiffness."

It is important to prepare your body for this type of physical activity. The following stretches will help to alleviate muscle pain after a day spent cleaning up and putting away summer items.

Fitness Stretches

Before stretching for any activity, breathe in and out, slowly, and rhythmically. Do not bounce or jerk your body and stretch as far and as comfortably as you can. Do not follow the "no pain, no gain" rule. Stretching should not be painful.

While sitting, stretch your leg out in front of you, knee straight, and prop your heel on a step. Then lean forward until you feel a stretch in the back of the thigh, or the hamstring muscle. Hold this position for 15 seconds. Do this once more and repeat with the other leg.

Stand up, balance yourself, and grab the front of your ankle from behind. Pull your heel towards your buttocks and hold the position for 15 seconds. Do this again and repeat with the other leg.

While standing, weave your fingers together above your head with the palms up. Lean to one side for 10 seconds, then to the other. Repeat this stretch three times.

Do the "Hug your best friend" stretch. Wrap your arms around yourself and rotate to one side, stretching as far as you can comfortably go. Hold for 10 seconds and reverse. Repeat two or three times.

Finally, be aware of your body technique, body form and correct posture

while doing yard work. Kneel, do not bend, and alternate your stance and movements as often as possible to keep the muscles and body balanced.

If you feel muscle aches and pains, there are ways to alleviate the discomfort. Apply a cold pack on the area of pain for the first 48 hours or apply a heat pack after 48 hours.

Give Dr. Brian a call today at 203-775-1819 to learn how you can get your health on track! He takes the following insurances: Aetna, Anthem BCBS, Cigna, Connecticare, UHC, Oxford and Medicare.

Yelp, Google, and Facebook Reviews Would You Help Us?

Are you happy with the services that you receive at Healthy Weighs Wellness Center?

At our center, it is our continual aim to help you stay informed, healthy, and looking great every day of the year. So, we're curious...how are we doing? If you appreciate the service we provide to you, please do us a favor and take a few minutes to post a review for us on Google, Yelp or our Facebook page at fb:healthyweighswellnesscenter.

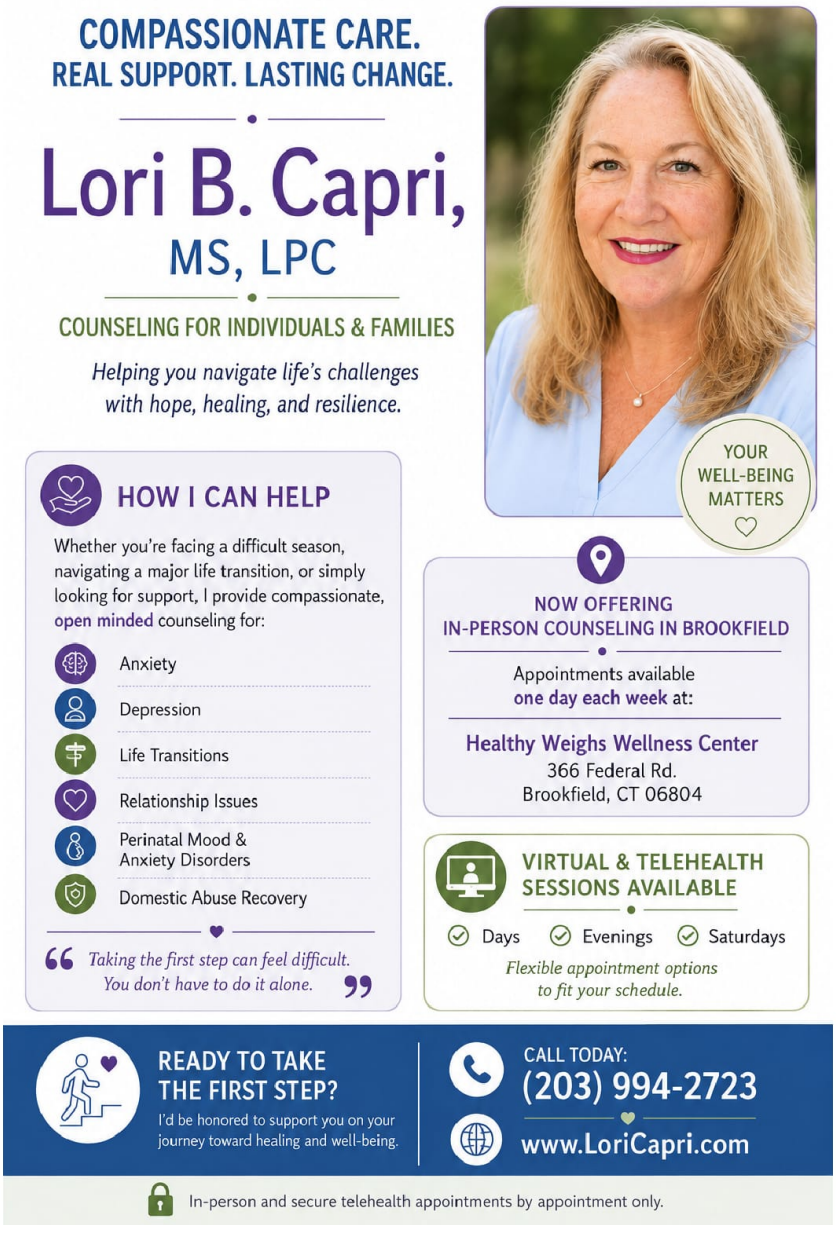
Your support means the world to us, and your recommendation helps us grow our business, so we can help more people just like you.

Thank you so much!

Warm Regards,

The Entire Team at Healthy Weighs Wellness Center

Counseling for Individuals and Families Lori Capri, MS, LPC



PEMF Presentation

Includes Free Sessions

Mary Powers, VIP Centropix Affiliate

Patient Rewards Program

We are excited about our Healthy Weighs Wellness Center Rewards Program! We appreciate our patients and your referrals! 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 BioPhotonic Antioxidant

Scan or Body Fat Analysis. Spa Referrals will receive a Complimentary Hand 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 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 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.

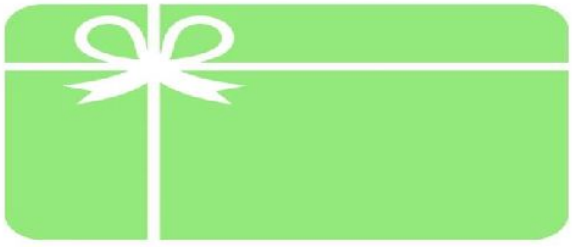
We can assist with notarizing a wide variety of documents, including real estate documents, powers of attorney, wills and trusts, medical directives, affidavits, and more. Whether you need important paperwork handled quickly or simply want the convenience of a trusted local notary, we're here to help.

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.

Healthy Weighs Gift Cards for All Occasions

Whether you are celebrating someone's retirement, anniversary or birthday, a Healthy Weighs Wellness Center gift card is a gift that they really want and deserve. Good for any denomination and for any service in our wellness center. Who wouldn't want to be treated to a relaxing massage or facial? 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.



We offer the following services:
Acupuncture
Chiropractic Services
DOT/CDL Physicals
Facial Rejuvenation
Functional Medicine
Massage Therapy
Nutrition Counseling
Reflexology
Spa Facials, Treatment & Waxing

Give the gift of health to everyone on your list! A gift card is the perfect present for any occasion! One size fits all! Help that special person in your life get started on the road to good health!

Do you want to Lose Weight this Fall?

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.

Back to School Facial 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.

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

HealthyWeighs® Wellness Center

366 Federal Road
Brookfield, Connecticut
203-775-1819

www.healthyweighs.com
fb:healthyweighswellnesscenter

Special Reflexology Packages 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 September 30, 2026

ALL REFLEXOLOGY SESSIONS INCLUDE ESSENTIAL OILS

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

HealthyWeighs®
Wellness Center

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