

## **Saturday Hours**

Dr. Waters is available one Saturday per month to see patients. Massage therapy is also available on these dates. Visits are by appointment only and fill up quick! Please contact the front desk to schedule or utilize our new scheduling app.

May 8th

June 12th

July 10th

## **April Wellness Workshop: Seasonal & Food Allergies Wednesday, April 28<sup>th</sup> at 6:15pm**

New research is suggesting that allergy “season” will last longer and that 2021 will be the worst year for seasonal allergies due to higher than usual pollen counts.

But there is no need to suffer with chronic sneezing, wheezing, and reaching for the tissues as we begin to spend more and more time outdoors in beautiful Southern California.

During this month’s Wellness Workshop, I will present some strategies to combat seasonal allergy symptoms in adults and children as well as how to identify if food allergies are the culprit to your symptoms.

Our Wellness Workshops are free and fun, and we encourage you to invite your family and friends to join in. Space is limited in the office, so we ask that you please RSVP with our Front Desk by calling (949) 586-2731 or by replying to this email. This class will be offered “live” at Waters Family Wellness as well as on Zoom.

## **Wellness Calendar**

Please click [here](#) to download a Wellness Calendar for April. A healthy lifestyle is made up of little daily decisions and if spread over a week, month or year, it truly adds up. I encourage you to print this calendar out and use it daily to see what little changes you can do for your health.

## **Benefits of Massage Therapy**

Want to have your chiropractic adjustments last longer? Massage therapy can help. By increasing joint mobility and reducing muscle tension, you may find that you see us less. In addition to reducing pain and muscle soreness, other benefits of massage therapy include reducing stress, decreasing high blood pressure and lowering heart rate, improved function of lymphatic system, increased circulation, boosting energy and reducing anxiety symptoms. Massage therapy is offered Monday through Thursday and one Saturday per month. Please contact the Front Desk to schedule.

## **Check-in Kiosk**

Our office will be resuming the use of our check-in kiosk this week. The kiosk allows us to capture important information for your appointment and creates a more streamlined experience when you arrive. The process is quick and easy, and we are looking forward to implementing the feature once again.

**Scheduling App**

Please use this [link](#) to download and use our Scheduling App.

*Please note: Dr. Waters will be out of the office Thursday, May 27<sup>th</sup>.*

Have a healthy month!  
Waters Family Wellness