

## Saturday Hours:

Dr. Waters is in the office one Saturday per month. Visits are by appointment only and fill up fast! Please contact the front desk to schedule.

February 13<sup>th</sup> – this Saturday!

March 13<sup>th</sup>

April 10<sup>th</sup>

## February Wellness Workshop: February Fitness Wednesday, February 17<sup>th</sup> @ 6:15PM

I have many patients struggling with all the stay-at-home orders, stress, and working from home. A common theme I have been hearing is the need for an exercise and fitness program that works and will stick. For some, finding the right fitness program can be challenging and the frustration is keeping them from exercising at all. This month's wellness workshop will walk you through:

- How to get started
- Types of exercise and what is right for you
- How to stick to it
- Nutrition
- Support
- What to do - sample programs
- Fitness programs for these Covid times

This class will be packed full of great information that you can put into action right away – even if you currently have an exercise program you love.

I saw this quote the other day and it really resonated with me for this class: ***“It just takes one second to decide you're worth it, 10 minutes for your first workout, and two weeks to feel a difference”***. I am not suggesting anyone transition from a sedentary lifestyle to doing burpees overnight, but I think everyone can do some exercise program for their health and wellness. Don't let fitness frustrate or intimidate you!

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.

## Our New Scheduling App

We are implementing a new electronic communication and scheduling system. We are excited to announce that we have partnered with a third-party company to assist us in creating a more user-friendly experience for you, our amazing patients! Some features of our new system include online scheduling, two-way texting and contactless forms that can be completed on your phone or computer. We are confident you will like our new system. And if you prefer to call us to schedule, we are still here and would be happy to hear from you!

The Scheduling App is available in the App Store. You can also follow these easy steps:

1. Scan this QR code on your mobile device.



2. Download The Scheduling App.
3. Enter our clinic ID: **KASQTF**

Register using the cell phone number on file with us.

### **Enjoy this sweet treat for Valentine's Day**

This delicious vegan and gluten free chocolate truffle recipe is from Dr. Mark Hyman.

#### Ingredients:

12 ounces unsweetened dark chocolate, chopped  
¼ cup Virgin Coconut Oil  
¾ cup coconut milk (full fat) or coconut cream  
1 teaspoon alcohol-free vanilla extract  
¼ teaspoon sea salt  
Stevia, honey or maple syrup to taste

#### For the coating:

½ cup cocoa powder OR coconut flakes OR slivered almonds (optional)

#### Directions:

Using a double boiler, melt the chocolate and coconut oil together, stirring continuously. Add the coconut milk and whisk until smooth.

Remove from heat, then add the vanilla, salt, and a little bit of the recommended sweetener.

Chill mixture for 2 hours or until set.

Using a tablespoon, scoop a spoonful of the mixture, roll into a ball and then roll in coating of your choice.

Return finished truffles to the refrigerator and chill truffles for at least 10 minutes, then serve.

Store in a cool place.

Have a healthy month!

Dr. Brad