

Saturday Hours

Dr. Waters is available one Saturday each month to see patients. Our Massage Therapist, Rosemary, 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 [scheduling app](#).

September 11th (This Saturday!)

October 9th

November 6th

December 11th

September Wellness Workshop

Join us Wednesday, September 22nd for our Wellness Workshop on SLEEP.

Insomnia can be extremely frustrating to live with. Whether suffering from acute, chronic, or mild insomnia, most cases of sleeplessness can be resolved with investigation and intervention.

If you have trouble falling asleep, wake during the night and are unable to get back to sleep or find it difficult to sleep without waking up several times through the night, we highly recommend this class. It's time to let go of the groggy, sluggish days and reclaim your energy and create a healthy sleep schedule.

Some of the topics that will be covered are:

- How sleep cycles work
- Sleep interrupters
- Specific health benefits of getting adequate sleep
- Strategies for improving sleep
- Mattresses and pillows

Our Wellness Workshops are free and fun! We invite you to bring you family and friends. Space is limited in the office, so we ask that you please RSVP with the Front Desk. This Workshop will be presented live at Waters Family Wellness as well as on ZOOM.

Scheduling App

Please use this [link](#) to download and use our Scheduling App. It is available 24/7 and is easy and convenient to use.

Have a Healthy Month!

Dr. Brad