



## Healthy Core Monthly News and More

May Mayhem brings stress for so many of us. It is one of the busiest months in our household and it has also brought many people to our clinic for muscular and back-related issues from gardening, spring cleaning and increased activity. If you or someone you know suffers with **back pain, pelvic pain, hip pain** or **sciatica**, we can help. In addition, ask how we can help with sinus pressure and headaches when you are here for your appointment. Call our office at **330-528-0034** to schedule either a dry needling session or physical therapy treatment so you can get back to what you enjoy quicker! Maybe even the sun will keep shining!

We are committed to providing affordable and non-inflated holistic healthcare with an osteopathic approach. As a result, we educate and empower individuals to help themselves, requiring fewer visits to get results. Please note our **prices will be increasing** in the next few months in order to continue to provide customized, one-on-one treatment. Effective **June 1st**, wellness *dry needling sessions* will increase to \$30 and *Phase II Maintenance sessions* will increase to \$60. Effective **July 1st**, *physical therapy visits* will increase to \$120. Initial evaluations will remain the same. We continue to be a network provider for Medicare and Tricare and will continue to electronically submit commercial physical therapy claims for reimbursement. We accept cash/ checks and HSA and HCRA cards, as well as Visa, MasterCard, Discover and Care Credit *without an additional charge*.

[Visit Our Website](#)

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## Healthy Core Events

This week, I hosted the **Hudson Mom's Club** to discuss what it means to have a healthy core, including appropriate exercises and treatment for pelvic girdle conditions. I am available to meet and present to groups who have an interest in learning more about the core and proper exercise and treatment for the pelvis, a neglected area of the body. Please contact me to set up a meeting. I will need at least one month's notice for scheduling. Email me at [healthycorewellness@gmail.com](mailto:healthycorewellness@gmail.com).

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## Healthy Core BLOG

Healthy Core's blog has been well received. Click below for access to our blog, where you can learn more about

treating the source of the problem, not just the symptoms. Future topics will include preventing back pain, reducing inflammation with nutrition, exercise during and after pregnancy and healthy pelvic floor muscles for intimacy and bowel/ bladder function. We will keep you posted on the latest blog topics, for your convenience.



[Link to BLOG](#)

330-528-0034 | [healthycorewellness.com](http://healthycorewellness.com)

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