



# OsteoStrong®

of FINDLAY, OH

FEBRUARY 2017 ISSUE

## Calendar Connections

**FEB**  
**8**  
**WED**

### **MINDFULIVING OS 2.8**

Investments in a Trump Presidency  
Financial Planner Jamie Harpst will be giving us a "clue" about what to do with our nestegg. Worksheets will allow attendees to discover their own path. 5-7 PM 1700 Fostoria Ave. Findlay, OH. Please RSVP, FREE event.

**FEB**  
**9**  
**THU**

### **Inks and Drinks**

@OsteoStrong Findlay

Join us for a fun evening of painting and wine! Cost is \$30 per person or \$45 per couple. Maximum of 6 participants each week. Beverages and light appetizers served. Create 4 different 4"x4" colorful tiles to take home!

**FEB**  
**11**  
**SAT**

### **CPS Chili Cook-Off**

Cancer Patient Services

OsteoStrong Findlay is a supporting sponsor this year! Taste 20+ chili recipes and bid in the auctions! 4:30-8 PM UF Koehler Center, Main St. Findlay, OH. Tickets available - [www.cancerpatientservices.org](http://www.cancerpatientservices.org)

**FEB**  
**22**  
**WED**

### **MINDFULIVING OS 2.22**

Cover Your Assets

Life insurance specialist Andrew Derck will help you understand the basics and avoid the pitfalls of different life insurance plans. 5-7 PM 1700 Fostoria Ave. Findlay, OH. Please RSVP, FREE event.

**MAR**  
**8**  
**WED**

### **MINDFULIVING OS 3.8**

The Law on Your Side

The law team from Whitman and Glover will be hosting an event to answer legal questions. 5-7 PM 1700 Fostoria Ave. Findlay, OH. Please RSVP, FREE event.

**MAR**  
**22**  
**WED**

### **MINDFULIVING OS 3.22**

Tacks Can Hurt, Taxes Don't Have To  
Time is ticking to get those taxes filed, but there is still time to ask the experts! 5-7 PM 1700 Fostoria Ave. Findlay, OH. Please RSVP, FREE event.

## OS UPDATES

OsteoStrong is undergoing some changes this month, including new personnel and services. We are sure you will appreciate these updates!

**Lauren Mattice** has joined our staff and will facilitate OsteoStrong (OS) sessions on Tuesdays and Thursdays. She is our on-staff certified nutrition coach and personal trainer. On Mondays and Fridays Lauren will be taking appointments for individualized personal training and nutrition counseling. 1-hour sessions are \$40 non-member, \$30 OS member. Wednesdays will find Lauren conducting a 12-week nutrition/weight loss program that includes diet, sleep, exercise, supplements, weigh-ins, meal planning, grocery lists and on-line support.

**Alyssa Casdorff** will be our on-staff Massage Therapist and will administer OS sessions on Monday, Wednesday and Fridays. On Tuesdays Alyssa will be taking appointments for massages. 60-minute massages - \$60 non-member, \$50 OS member. 30-minute massages - \$30 non-member, \$25 OS member.

**Lana Wedge** is our Reiki Master and she will be taking appointments on Thursdays. A Reiki session includes a light laying of hands on or above a client's body to allow the experience energy for healing of mind, body and spirit. Lana will also be performing Access Bars sessions. These sessions include light fingertip touches on 32 different points on the client's head to release thoughts, feelings and judgements that are blocking an individual from happiness or success. 60-minute Reiki or Access Bars - \$75 non-member, \$60 OS member. 30-minute Reiki or Access Bars - \$40 non-member, \$30 OS member.

## TELL US 'HOW WE DO!'

OsteoStrong appreciates your reviews. We have feedback cards in the office and we read our reviews on Facebook and Google+. We have an account on Angie's List just waiting for your response. We are confident that what we offer can benefit even more of our community. When they see what their friends and neighbors have to say, they will feel confident about giving us a try!

## OS OFFICE HOURS

9am-5pm Monday-Friday, 9am-Noon Saturday