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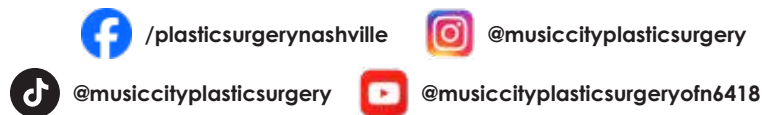
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FESTIVE KITCHEN ADVENTURES — KID EDITION

WHISKING UP FAMILY FUN

Could your child be a future celebrity chef? Could your baby be a world-class baker in waiting? Help transform your toddlers or school-age kids into tiny tastemakers by following these three simple tips.

USE YOUR SPACE AS A SKILL ZONE.

It takes more than just a love of food to make delicious meals and treats, as cooking and baking put all five senses to the test. Helping in the kitchen enables small children to heighten their awareness of smells, tastes, sounds, and textures while learning new words. Having them measure ingredients and pour them into bowls is an easy way to refine their



motor skills, and your guidance behind the counter will encourage them to follow directions. If your kitchen companion is a baby, you can still involve them by describing the sights, sounds, and smells surrounding them and letting them touch some of the food — all great tools to assist in developing their connection to the world.

KID-PROOF YOUR MEAL PREP.

Before taking your child on a culinary journey, check that their countertop travels won't endanger them. It's obviously a big no-no to rest a sharp knife on a cutting board that small hands can reach, but little

things like toothpicks can also pose a risk. If your small assistant is old enough to cut up ingredients, a plastic utensil will be less painful than steel if the blade misses its mark.

KEEP FAMILY FLAVORS FLOWING.

Want to give your elderly mom or dad a holiday surprise they'll never forget? Present them with a meal based on one of their famous recipes *that their grandkid(s) helped prepare!* Holiday gatherings are great for sharing the details and delicacies that shaped your family's history — and a wonderful opportunity to pass down those special traditions to the next generation.

With the holidays upon us, now is a perfect time to introduce little ones to the joys of baking and cooking by turning your kitchen into a safe space for learning and bonding.



JANUARY
2025

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Turning Dreams Into Action

HOW TO MAKE 2025 YOUR YEAR

Here we are — 2025 has officially arrived! As we leave the hustle and bustle of the holiday season behind, it's the perfect time to embrace fresh starts and new beginnings. January always feels like a reset button, offering a chance to reflect on the past year and rethink what's next. It's my favorite time to pause, evaluate what went well, and consider the changes or improvements I want to make for an even better year ahead.

I take this time to set intentions and plan for the year ahead. I reverse-engineer my goals by identifying what I want to achieve and then creating a step-by-step plan to make it happen. It's about turning vision into action and setting the foundation for a successful year.

I have to say, I'm feeling incredibly fortunate as this year begins. I'm living my dream surrounded by many blessings — a wonderful wife of 24 years, a great family, amazing sisters, a fantastic team at work, thriving kids, and healthy parents. This past year, I had the chance to reconnect with old friends from high school and college, which was a joy. To top it off, I have a cool neighbor I get along with really well. Life feels pretty great right now!

As many of you know, one of my biggest dreams has been opening a surgery center, and the time has finally come! Everything is falling into place, and as I write this, the ribbon-cutting ceremony feels just around the corner. This has been three and a half years in the making — a labor of love to create the patient experience I've always dreamed of! It's exciting to see this vision become a reality!

I believe that with faith and a dream, anything is possible. My faith has been my foundation for many years, and I feel God's presence guiding



me in everything I do. I like to view my life in distinct pockets — family, faith, business, etc. In each area, I reflect on where I am and look for ways to grow and improve. I'm always striving to push past where I was the year before and get out of my comfort zone. That's where I thrive. I continue to challenge myself and grow in ways I never thought possible by staying comfortable in the uncomfortable.

Dreams can be anything from acquiring something meaningful to starting a family — it's always inspiring to have a dream to strive for. For some, especially after having children, that dream might be regaining confidence in their bodies. I often focus on feeling closer to God and strengthening my relationships.

I always consider how my decisions have a ripple effect on those around me. Even in plastic surgery, our choices can have a profound positive impact on our loved ones and our relationships. When we feel confident and happy with ourselves, positivity naturally spills into our connections with others. After all, when we thrive individually, our relationships flourish, too!

On Jan. 13, we celebrate Make Your Dream Come True Day, and this month, I'd like to encourage you to take a moment to identify what you truly want and consider the steps needed to make it a reality. With faith and determination, anything is possible — I believe everything will fall into place when we trust in God!

—Dr. Mike

GET OUTSIDE, FEEL FANTASTIC!

Winter Wonders for Children's Health

Building a snowman outside in the cold air is much better than sitting in a warm room with a cellphone for maintaining a child's physical and mental health in the wintertime.

Although most people tend to stay indoors during winter, spending time outside on snowy days can give people of all ages a needed boost. Here are a few interesting facts that show how a winter wonderland can enhance our well-being.

THE PERKS OF OUTDOOR PLAY

Did you know you're more likely to catch a winter cold if you stay indoors? Although we instinctively huddle in close quarters when temperatures drop, hiding inside makes us more susceptible to germs that thrive in stagnant air. Studies have shown that being cold may trigger our immune systems, which means playing outside in the fresh winter air is often better for a child's body than snuggling up in a warm living room.



Getting outside in winter also puts a child's mind in motion. Although the sight of icicles and one's breath in winter are old hat for adults, these seasonal events could inspire wonder and curiosity in young people, allowing them to learn new things about the world. Encouraging your child to design and build the ultimate snowman also stimulates their imaginations far more than watching TV indoors. Winter play also helps keep children's senses sharp when inclement weather disrupts their usual routines like school and sports.

THE DYNAMIC BENEFITS OF VITAMIN D

Sunlight is one of nature's greatest gifts to our health, as it provides us with vitamin D. Getting outside when the sun appears on a winter's day can do wonders for our mood, as increasing our vitamin D levels reduces anxiety and stress. Instead of letting our kids hide in dark rooms on snow days, let them venture outside and receive one of Mother Nature's easiest cures for the winter blues!

THINKING ABOUT BREAST AUGMENTATION?

Here's What You Need to Know!



Have breast implants been on your mind? Many people choose breast augmentation for a variety of reasons. Some may not naturally have the breast size they desire, while others seek the procedure after childbirth. As many mothers can confirm, pregnancy and breastfeeding can take a toll on the breasts. During pregnancy, breasts often grow significantly, only to deflate and lose volume and shape after breastfeeding.

Breast augmentation offers an effective solution to restore or enhance breast size and shape. Implants provide a stable, consistent result, as breast tissue naturally changes in density over time. Unlike natural tissue, implants maintain their shape and firmness, closely mimicking the buoyancy and feel of natural breasts.

The procedure is simple and typically takes only 30-35 minutes. During surgery, an

incision is made beneath the chest muscle between the major and minor pectoralis. The implants are inserted after carefully selecting the ideal size for the patient's desired outcome. It's an outpatient procedure and allows patients to return home the same day and enjoy a smooth recovery. Most experience some muscle soreness, but many feel well enough to resume light activities, like going out to dinner, within a day or two.

It's important to note that the implants may sit slightly higher immediately after surgery. Over the next month, they will gradually "drop and fluff" and settle into the natural and desired shape patients are excited to see.

Breast augmentation is a safe, effective way to regain confidence and achieve your ideal look. Be sure to take advantage of our current breast augmentation special!

Injecting Beauty with Loreen

THE AESTHETIC BENEFITS OF FULL FACIAL BALANCING

The foundation of beauty often lies in achieving "the golden ratio," which emphasizes balance and symmetry. Regardless of age, there's always room to enhance facial symmetry. As Loreen, our nurse practitioner with 5 years of experience as an aesthetic & wellness injector, explains, "Just like eyebrows, the sides of your face are sisters, not twins." That's where a full facial balancing comes into play.

"Perfection is something you can strive for," Loreen says, "but it's not something you can fully achieve. However, with aesthetics and the right techniques, you can get closer to the facial structure you've always dreamed of." For those



looking to achieve full facial balancing, Loreen is ready to help you on your journey!

WHAT IS A FULL FACIAL BALANCING?

Full facial balancing is an aesthetic approach designed to harmonize and enhance facial features, creating a more symmetrical and proportionate appearance. It balances the cheeks, jawline, chin, lips, and nose to highlight your natural beauty.

During consultations, Loreen emphasizes that achieving full facial balancing requires multiple modalities. Neuromodulators, which help reduce wrinkles, can slow the natural breakdown of collagen and subtly adjust face shape. In subsequent sessions, fillers and

biostimulators refine facial symmetry and bring you closer to your aesthetic goals.

You can achieve a more harmonious and balanced appearance when you restore volume and lost contour. "It's so important to have faith and trust in your injector and the process," Loreen says. "The best results in facial balancing happen when you have this confidence."

Finally, don't overlook the importance of healthy, glowing skin. Enhancing your skincare routine with treatments like microneedling and lasers can boost your collagen and help you achieve that radiant glow. Ready to take the next step? Schedule your consultation with Loreen (**Instagram: @injectabeauty**) today — she's excited to help you shine!

A NEW YEAR OFFER

Save \$1,000 on Breast Augmentation Today!

Exclusive Offer!

*Save **\$1,000** on breast augmentation! This offer can be combined with a breast lift for even greater results!*

Redeem this coupon at your consultation and take the next step toward achieving your dream look. Don't wait — this offer won't last long!

Call today to schedule your appointment and claim your savings!

Must complete consultation within January and complete surgery by March 1st, 2025.

INSPIRATION

**"Life becomes easier when you learn to accept the apology you never got."
— R. Brault**