



Fatherhood, 4 Kids, and the Power of a Well-Timed Dad Joke

Father's Day always gives me a chance to pause and reflect — not just on my own dad, but on what it really means to be a father. And honestly, it's one of my life's greatest joys and challenges.

There's a lot to love about raising kids. For me, one of the most fun parts has been the humor, especially the dad jokes. Yes, *those* jokes. The puns, the eye-rollers, the ones that make your kids groan and say, "Really, Dad?" I've fully embraced that role. My two younger ones still laugh, or at least pretend to, but my older two are starting to roll their eyes a little more these days. My daughter, who's 11, has even started firing back a few jokes of her own, which makes me proud.

We have four kids, and as they've grown, I've realized that one of the hardest and most important parts of being a dad is finding intentional time with each of them. They're all in different phases — one is in college now, one just graduated high school, and two are still at home — so my job is to meet them where they are and connect however I can.

With my oldest, who is now diving into business and marketing, our conversations have gotten deeper. We've talked about networking, confidence, and how to walk into a room and strike up a conversation with anyone. It's been rewarding to shift into that mentor role and help him think through the next phase of his life.



Then my teenagers are trying to find independence and establish who they are. It's a balancing act between respecting their space and nudging my way into their world, even if it's just a quick car ride chat or sneaking into their room to hang out for a few minutes.

My daughter is a different story altogether. She's the only girl, and I've been more intentional about building her up lately. She still asks me to sit with her at bedtime, and I treasure that. I always tell her the same thing my mom used to tell me: *If you put your mind to it, you can do anything.* That kind of encouragement sticks, even when they roll their eyes at your jokes.

Some of my proudest moments haven't come from report cards or big accomplishments but from their small, quiet gestures. For example, the time a dad came up to me after a rugby game, asking, "Are you Jackson's dad?" It turns out my son had helped him find his way around and then pulled his teammates aside to remind them they represented something bigger. That moment told me a lot about who he's becoming — and made me feel like maybe we're doing something right after all.

Another thing I love is seeing our kids use their talents to give back. They sing in the church choir, even when they're home from college. That's something I've never been able to do myself, so watching them pour into the community that way makes me incredibly proud.

At the end of the day, I love what I do professionally. Being a plastic surgeon and building a business are fulfilling. But being a father is the best responsibility. These kids challenge, inspire, and push me to be better every day.

Happy Father's Day to all the dads out there. Keep showing up. Keep telling the jokes. Keep making the moments count.

—Dr. Mike

FAMILY FLEXIBILITY

Smart Scheduling for Better Health

Fulfilling life's many demands should never come at the expense of your family's health. If your household's daily grind consists of juggling multiple schedules and commitments with little room for relaxation, you're not alone. Here are two ideas to help your family slow things down and better ensure everyone's physical and mental well-being stays positive as the hours fly by.

A SCHEDULE OVERHAUL

When work commitments, paying bills, coordinating transportation for your children's extracurricular activities, and other daily obligations lead to hurried and scattered interactions among family members, the American Heart Association recommends creating a new way forward. First, look closely at everyone's daily schedules over a week to see where gaps may exist and which activities could be scaled back to allow for more time spent together. You can start by choosing two 30-minute slots during the week and two hour-long slots on weekends to get everyone in one place. The goal is to have distraction-free time with your loved ones, so put away your computers and cell phones during these special moments.



STRESS-SMART STRATEGIES

Naturally, hectic schedules often lead to stress — not just for adults.

In addition to providing children with all-important personal time with their parents and siblings, regular family activities can help parents better determine whether their kids feel undue pressure in any area of their lives. Although positive stress can help a young person rise to challenges — for example, studying for a big test or meeting the deadline for an important assignment — *too much* stress can hinder a child's coping skills and lead to anxiety and depression or physical symptoms such as headaches and stomach pains. Setting consistent daily routines — the same bedtime each night, for example, or regularly scheduling family time everyone looks forward to — will go a long way in helping them feel more in control of their days and encourage better communication with other family members.

Life is more than checking off items on our schedules. Any family can create a system that helps everyone feel happier and healthier in even the busiest times with only minor adjustments.

Summer, Cardio, and a Little Help From the Outside In

As I age, my approach to staying active has changed. I'm no longer chasing a new max weight in the gym or trying to be the biggest guy around. These days, I'm focused on feeling good, staying mobile, and keeping my heart in shape, which means hiking and cardio have taken the lead in my routine.



NATURE AS THERAPY (AND A WORKOUT)

We're lucky to have great trails nearby, all within about 15 minutes. I love being able to step into the woods for an hour. It's peaceful and gives me time to reflect, pray, and mentally reset. It's also a great way to stay active without the wear and tear of heavy lifting.

COMMON SUMMER WEIGHT STRUGGLES

Summer tends to bring more awareness to body changes, especially for guys dealing with stubborn areas like the chest (gynecomastia) or

love handles. These spots can be frustrating if that fat doesn't budge, no matter how much cardio you do.

A BOOST FROM MODERN MEDICINE

That's where GLP-1 medications like semaglutide and tirzepatide come into play. They help reduce visceral fat — the deeper, more dangerous fat around your organs that liposuction can't touch. It's a solid tool for guys trying to get healthier from the inside out.

WHAT LIPOSUCTION CAN DO FOR YOU

For the more visible fat on the chest, stomach, and flanks, liposuction is still a highly effective option. It's a simple, minimally invasive procedure with small incisions and little downtime. After numbing the area and loosening the fat, we remove it gently and precisely.

Results show up quickly, and, best of all, they're long-lasting. Once those fat cells are gone, they don't come back as long as you maintain a balanced lifestyle.

—Dr. Mike

INJECT BEAUTY

Aesthetic Results Start From Within

When you think about aesthetic treatments, such as Botox, fillers, lasers, or skin care, it's easy to focus only on what's happening on the surface. While these treatments are amazing for boosting confidence and helping us feel refreshed, if your internal health isn't in a good place, those results might not last as long as they could — and you might not feel as good as you look.

Our board-certified nurse practitioner and expert aesthetic injector, Loreen, has the perfect analogy. Think of it this way: Your face is a billboard, and your internal wellness is the foundation. If the foundation isn't solid, the billboard will fade faster. That's where overall wellness comes in, and we offer options to support your results and help you feel your best, inside and out.

IV THERAPY

IV therapy is quick, usually only 30 minutes, and delivers vitamins directly into your bloodstream for better absorption. We have blends specifically tailored for hydration, recovery, skin, and hair. It's a great add-on if you're investing in your skin health.



NAD INFUSIONS

NAD, a powerful coenzyme, is found in every cell of your body and plays a huge role in energy, brain function, and cellular repair. But as we age or deal with stress, illness, or inflammation, our natural NAD levels start to drop. This can lead to dull skin, slow recovery, less collagen production, and overall fatigue.

Supplementing with NAD can help bring those levels back up and give your body the boost it needs to recover faster, feel sharper, and support your skin from the inside. It can also extend the longevity of treatments like fillers, threads, and lasers by improving overall cellular health.

So, if you're noticing your energy dipping or your skin just isn't bouncing back like it used to, it might be time to look beneath the surface.

Have questions? We'd love to chat. Book a quick consult with Loreen and let's see if IV therapy or NAD is a good fit for you.

JUNE GLOW-UP SPECIALS ARE HERE!

Don't Miss These Limited-Time Offers

We're celebrating summer with amazing June specials to help you look and feel your best!

- **Enjoy a complimentary dermaplane** with any microneedling, PRP, laser, or chemical peel appointment. It's the perfect way to prep your skin for deeper treatments and achieve that smooth, glowing finish.
- Are you thinking about PDO threads? When you book a PDO thread treatment this month, you'll receive **25% off threads in a secondary area.**
- Happy Father's Day! Our Father's Day Tox Event is happening June 6, and **dads can get Botox for just \$10/unit.** It's the perfect way to give the guy in your life a fresh, confident boost.

Spots are limited — call or book online to save yours!

INSPIRATION

"If what you have done yesterday still looks big to you, you haven't done much today."

— Mikhail Gorbachev

INSIDE THIS ISSUE

When Dad Jokes Land and Lessons
Stick
PAGE 1

A Streamlined Focus on Family Flow

Hiking, Health, and a Little Help
PAGE 2

Inject Beauty

June Treatment Specials
PAGE 3

New Family Aquatic Sports for
Summer Fun
PAGE 4



MAKE A SPLASH! WATER FUN FOR THE WHOLE FAMILY

Few outdoor activities are more fun to do as a family than beating the heat in the water. A facility as simple as a community pool can offer fun for all ages, including wading, diving, and lap swimming.

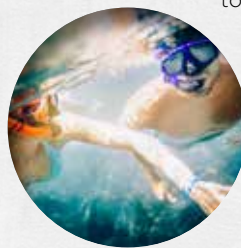
As summer gets underway, consider making plans to try more complex aquatic sports as a family. Here are four exciting options that will inspire the whole family to take the plunge.

STAND-UP PADDLEBOARDING

This sport originated among Hawaiian surfers and began gaining momentum nationwide about a decade ago. Participants stand upright on a flat, buoyant board and propel themselves over lakes, rivers, and oceans with a single paddle. Paddleboards are bigger than surfboards and are stable enough to hold a picnic in a waterproof bag!

SNORKELING

Snorkeling is a great family activity for all ages if you're vacationing near an ocean. Flippers, watertight goggles, and snorkels are easy to rent or buy. Exploring the wonders beneath the waves is as easy as floating on the surface and paddling your flippers. While any clear ocean waters can be fun to explore, consider trekking to Hawaii or Cozumel to see spectacular schools of fish and rock formations.



CANOEING AND KAYAKING

Few aquatic activities offer more opportunities for reflection and quiet conversation than paddling a canoe or kayak. These watercraft are usually available to rent near lakes and rivers, and, barring rough weather, navigating with them is relatively

safe and easy. Pack a picnic, explore, and see what you can find along a river or lakeshore.

WATERSKIING

While this sport requires access to a speedboat and a skilled operator, arranging to try it can offer unforgettable thrills.

Nothing can compare to the exhilaration as you first rise above the waves and stand on your skis; participants also get a full-body workout! Waterskiing poses a challenge for beginners when crossing the wake and keeping their legs beneath them, but the rewards are worth the effort!

This summer, consider vacationing near a body of water to explore these aquatic activities or others, such as sailing or bodyboarding. You will create lasting memories and may ignite passions your kids will enjoy for years!