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TURN YOUR RAINY DAY AROUND — WITH A FORT!

3 TRANSFORMATIVE BLANKET FORT TIPS



April showers are supposed to bring May flowers, but when the rain keeps pouring, there's only one thing for a family to do: Build a blanket fort!

Blanket forts have been a low-cost, low-tech form of entertainment for centuries, and over that time, generations of enthusiasts have perfected them. Use these tips to transform your next rainy day into a family adventure:

1. **Build heaviest to lightest.** Once you've gathered your materials — including blankets, sheets, pillows, binder clips, and movable furniture — it's time to build. Start "heavy" with the largest

piece of furniture, like a couch or table. That will be the anchor of your fort.

From there, arrange the other furniture in a circle around the anchor and drape it with blankets. Use heavier blankets for the walls and the lightest sheets for your roof to avoid a collapse. Use the binder clips to hold the sheets and blankets together!

2. **Light it up.** Light is crucial for you to do activities in your fort! Dig out your holiday string lights if you have them or bring a lamp or two into the space. You can also use flashlights and even glow sticks to make things especially fun!

3. **Pick a theme — and a name.** Is your fort in the jungle? On a beach? In the woods? Pick a theme and decorate accordingly! You can bring in beach towels and toys or cut leaves and

trees out of construction paper. Don't forget to name your fort, too. The more creative you get, the better.

So, now you have your fort — what should you do in it? We're glad you asked! The answers are almost unlimited, but here are a few favorites:

- Drink hot chocolate
- Tell ghost stories
- Read (out loud or separately!)
- Do a puzzle
- Play a board game/card game
- Pretend you're on an adventure in another country
- Make a craft project
- Have a family jam session (if you're all musical)
- Eat your favorite snack
- Snuggle
- "Camp" overnight
- Perform a shadow puppet show



MAY 2022

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Moving the Mothership

INTRODUCING OUR NEW CLINIC LOCATION AND SURGERY CENTER

As many of you may know, Music City Plastic Surgery has something to be very excited about, due in early summer. Our office is moving from Green Hills, Tennessee, to Brentwood, Tennessee. Our new office will be our very own building with more space for our team and patients as well as a surgery center.

For the past year, planning this move has been a large undertaking. Along the way, I can certainly say I've been learning how to be an architect, interior designer, electrician, and plumber. While I'm very proud of our current office, I'm thrilled to unveil our new state-of-the-art location. I've picked out every single detail, including the wallpaper, built-in structures, cabinets, lighting, flooring, and the furniture. One Saturday, I even had the whole family helping us to demolish the previous space. It was a great day spent with the kids throwing hammers at the walls and knocking down drywall.

Music City Plastic Surgery's new location will feature five clinic rooms on the bottom floor and four on the top, with much more space to see more patients and conduct in-house procedures in a chic, updated atmosphere. We will now have a private area dedicated as our IV/numbing room for all of our injectable and IV hydration

"WHILE I'M VERY PROUD OF OUR CURRENT OFFICE, I'M THRILLED TO UNVEIL OUR NEW STATE-OF-THE-ART LOCATION."

patients. Whether they are just receiving injections or getting numb in preparation for a larger procedure, they will have a separate area, eliminating wait times and streamlining our process.

The surgery center's doors will open shortly after the main doors to the new location. It will allow us to control and oversee large procedures from start to finish. At times, operating in a hospital or other surgery center has proven to be difficult, and with our own surgery center right on-site, we can safely and efficiently facilitate the entire process.

As all of our patients know, the traffic in Green Hills can be difficult to deal with. For our patients who visit our office from up north, the new location will likely take the same amount of time to get to once you factor out the rough traffic situation in Green Hills, even though it is a little farther south. The new building is just off the highway and down a side street on a cul de sac. It's a quiet area with tons of parking.

We are anticipating better patient flow and availability for all of our patients and more space to better facilitate all procedures while maintaining the same comfortable environment we currently have. Current supply complications have slowed down the building process here and there, making an official opening date a little difficult to predict, but we are currently on track for May/June! While it's been a long time coming, it's going to be well worth the wait. I can't wait to show you everything we've been working on!



—Dr. Mike

DO YOU LOVE ALL THINGS BEAUTY?

Then Try These Subscription Boxes!

Do you love trying quality beauty products that don't cost a lot of money? Then now is your time to order a beauty subscription box! Not sure how to begin? Here are some boxes to get you started!

BoxyCharm
\$27.99 monthly
BoxyCharm.com

Boxycharm gives you five products that have a value of \$175. All the products you'll receive are from luxurious high-end brands. Once you create your account, you will take a beauty quiz that helps Boxycharm pick out products to give you each month. You can choose to receive all makeup products, skin care products, or a combination of both. You'll also be able to access their online store, which has discounts from the brands that partner with them.

FabFitFun
\$49.99 quarterly
FabFitFun.com

This box gives you a variety of products worth up to \$275. You'll receive makeup, skin care products, clothes, jewelry, hair care products, decor, and so much more. This subscription gives you 6-8 items, and you can even choose from different categories.

IPSY
\$12.99 monthly
ipsy.com

If you're just getting into makeup and skin care and want to try deluxe samples on a budget, then IPSY is for you. You will get five sample items that range from primers to lipsticks. After selecting your payment, you'll take a beauty quiz that helps IPSY pick items especially for you. All of your products will come in a cute bag that you can gift to friends and family or use yourself!

Getting a beauty subscription box is like receiving a gift for yourself every month. If you've been wanting to try new products without the hefty price tag, then these boxes are for you!



THERE IS NO LOVE LIKE A MOTHER'S

Honoring 2 Special Mothers in My Life

Being a great mom comes in all shapes and sizes. Today, I am blessed to have both my mom and mother-in-law. They both show me and my entire family unconditional love and support. I'm so grateful my kids have two great examples of amazing mothers.

Before I was born, my mom was a RN in the OR. When my older sister was born, she gave up her career to be a stay-at-home mom. To this day, she still misses being a nurse, and staying home with the kids all day can surely rob you of some much needed adult conversation and interaction. But she was then able to devote everything to her children.

Growing up, it was fantastic to spend so much time with my mother. She was always available when I needed her. In high school, we drove 30-45 minutes to my school each day, and we had a lot of excellent talking time. Those car rides allowed her to have a strong impact on me, even in those teenage years.

My mother-in-law, however, has always worked outside the home as a choral music teacher for schools and churches. My wife grew up with this amazing example of a mom who effectively balanced work and motherhood and went on to raise amazing kids. Even later in life, she is still very active in both the church and community. My

wife, as a physician, is also an out-of-the-house working mom, juggling both a career and the kids like a pro. Having my kids experience both of these examples of moms who did things a little differently but successfully raised children is a godsend.

Because my mom invested 100% of her time in her children and my mother-in-law was extremely intentional about creating special moments, we too value quality over quantity when it comes to our time spent with the kids or together as a family. In a world where social media and the constant need to have a device in your hand is so prevalent, we try extra hard to create those powerful moments, using my mother and mother-in-law as great examples.



Staying on Top of the Newest and Best

THE MOMMY MAKEOVER GETS A MAKEOVER

Music City Plastic Surgery's Mommy Makeover, a combination of different types of treatments designed to restore the confidence for moms, has some new additions!

The only FDA-approved cellulite treatment is available in our office! QWO is proven to visibly reduce moderate to severe cellulite. The injectable treatment breaks down the fibrous connective tissue that attaches your skin to fat or the muscle between the skin and the fat, which creates the common dimples visible in cellulite.

With a simple injection in the butt, arms, legs, or any spot where cellulite is present, the collagen is broken down and the connective bands are severed, smoothing out the cellulite. QWO has been tested for the last few years and is new to the beauty market, and we are proud to be one of the few centers in Nashville, Tennessee, to have it. QWO is a great way to get you back in a bikini just in time for summer!

Another beauty secret new to the Mommy Makeover is Upneeq, a prescription eye drop used to treat low-lying eyelids. With just one drop, you can achieve an eye-opening lift to your eyes. Upneeq

acts by stimulating one of the smooth muscles in your eye that isn't able to be targeted with Botox or surgery.

The results of the drops are short-acting, only lasting about eight hours — just long enough for a night out or a big event. The eye drop is activated within 5-10 minutes of application and does not have any major side effects. It's a unique way to accentuate your eyes, giving you a "Disney princess," open, round-eye appearance.

After many years of putting everyone else first, it's time to do something for you! Call us today to find out more about what QWO or Upneeq can do for you!



TODAY'S SIP

Neiman Cellars Tour

AN ANNIVERSARY WINE SPECIAL



Last month, my wife and I celebrated our 21st anniversary in Napa Valley. As part of our Napa experience, we were lucky enough to tour Neiman Cellars with the owner, Drew Neiman, who showed us around the estate and winery. Having the chance to learn about his history and the passion behind the wine was second to none — we fell in love with it.

Not to mention, the Neiman Cellars Cabernet Sauvignon offers a bold and elegant taste that pairs best with beef, lamb, or game. It is absolutely fabulous — perfect for a romantic evening celebrating 21 years!

INSPIRATION

**"Start where you are.
Use what you have.
Do what you can."**

-Arthur Ashe

