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April



Dear Patients:

Spring is a season of renewal - and a powerful reminder that growth often begins with small, consistent choices. Whether you're just starting your health journey or recommitting to your goals, this season is the perfect time to plant habits that support your vitality now and in the future. We're honored to be part of your journey and look forward to supporting your continued growth.

Live healthy, live well,
Dorothy Cohen Serna, MD, Kelly Englund, MD
Stacey, Therese, & Coach Jeanne

Chia Protein Pudding

Tiny Seeds, Big Spring Energy

- 1 scoop protein powder (try SunWarrior plant based vanilla)
- ¾ cup almond milk vanilla unsweetened
- 1 Tbl chia seeds
- 1 Tbl PB2 (powdered peanut butter)

Instructions:

1. In a bowl or jar, whisk together chia seeds, milk, vanilla, and sweetener.
2. Let sit for 5 minutes, then stir again to prevent clumping.
3. Cover and refrigerate for at least 2 hours (or overnight) until thickened.
4. Top with fresh fruit and optional toppings before serving.
- 5.

Tip: Make a few jars ahead of time for easy, nourishing grab-and-go breakfasts or snacks all week long.

Coaching CORNER

The Seeds You Water

Lasting health doesn't happen by chance - it grows from what we choose to nurture each day.

In your daily life, what are you giving your time, energy, and attention to? Are those things helping you grow in the direction you want?

This spring, take a moment to reflect:

- What seeds am I watering?
- Are they aligned with the life I want to cultivate?
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Whether it's movement, rest, connection, or mindset - small, intentional actions add up. Water what matters.

Weight Loss/ GLP-1 Success Series

Next session: April 22nd, 1pm CT

GLP-1 Coaching Workshop: Strength for Life

This month's GLP-1 series focuses on the essential role of exercise, especially strength training. It's more than just building muscle - strength is protective. It helps support metabolism, bone health, insulin sensitivity, and long-term mobility.

Think of it as an investment in your future self. Movement is medicine - and strength is a powerful prescription. Join us to learn more about building a sustainable exercise practice.

GLP-1/Weight Loss Series

Group Coaching

**SIGN UP
HERE!**

