



February 2026

Dear Patients:

Frankly put, February can be a month of disappointments. The holidays are past. New Year's resolutions might be fading or have disappeared entirely, and Spring still seems far away. But there are many bright sides to February. Days are getting steadily longer and there is time to settle into a good productive rhythm.

In this quieter wintertime space, there is a chance to offer yourself compassion, gain clarity about what is truly important to you, and begin setting your sights on a 2026 that is built on your vision for how you want to live your life. So let's get down to the business of living well!

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



Perfect Dark Chocolate Covered Strawberries

12 large, long-stemmed strawberries (room temperature)
¼ - ½ cup roughly chopped dark chocolate (for a dairy-free option, try Guittard or EnjoyLife brands dark chocolate!)

1. Line a baking sheet with wax or parchment.
2. Wash and thoroughly dry strawberries.
3. Melt chocolate in a microwave-safe bowl (heat for 30 sec on medium, stir for 1 min, then continue in 10 sec intervals, stirring in between until fully melted)
4. Hold each strawberry by the stem and dip all sides in chocolate, letting excess drip off. Place on the lined baking sheet.
5. Chill in the refrigerator for 15-20 min until the chocolate hardens. Serve and enjoy!

Coming Soon!

Wellbeing Coaching Integrated Into Your Treatment Options

Coming soon, we will be introducing more robust coaching offerings, including new group coaching opportunities and more chances to connect with a coach to assist you in achieving your wellness goals!

Coaching CORNER

The Month of Love (for Yourself)

This time of year, many people start feeling behind on their goals. But before you get frustrated or throw in the towel, consider this: real change doesn't come from pressure - it comes from care.

Self-compassion is often the missing piece. It's not about letting yourself off the hook. It's about being honest and kind. The truth? You can't shame yourself into lasting change. But you can encourage yourself through it.

February is a perfect time to practice love in all forms - starting with how you treat yourself when things get hard.



Mark Your Calendars!

When: Monday March 9th at 4:00 pm CT
Where: Zoom
Who: Coach Michael

Meet the Coach!



We are excited to be hosting a virtual Meet and Greet with Michael Scholtz, our new Lead Wellbeing Coach. Michael will introduce himself, talk about The Power of Vision in Healthcare, and answer questions about lifestyle and wellness coaching. Invites will be sent later this month. We hope to see you there!