

## December Newsletter 2024



Sedona, Arizona

### Merry Christmas & Happy Holidays from Resilient

This holiday season, we wish you a Christmas filled with love, peace, and joy. May you create beautiful memories with those you hold dear, and may the coming year bring you continued strength, happiness, and healing.

Sincerely,

The Resilient Team

### Christmas Clinic Hour Changes

Resilient Align Pain Solutions will be **CLOSED**:

**WEDNESDAY - FRIDAY**  
**DEC. 25TH - DEC. 27TH**

We will resume normal hours on Monday, Dec 30th.



### Holiday Special

#### Our gift to you!

Buy an 8 Session Established Package and receive **1 FREE** session  
Buy a 16 Session Established Package and receive **2 FREE** sessions

\*All sales are final and non-refundable. Don't miss out, take advantage of this deal today. Sale ends 12/31/2024.

### Free Virtual: Intro to Resilient

We warmly invite you to share this opportunity with your friends and family to join us for an enlightening talk on the Resilient secret to overcoming chronic pain!

**DATE:** Wednesday, December 4, 2024  
**LOCATION:** Zoom  
**TIME:** 11am - 12pm (MST)  
**PHONE:** 480.999.5171  
**EMAIL:** [liz@resilientaps.com](mailto:liz@resilientaps.com)



**REGISTER NOW**



### Resilience

In today's fast-paced world, resilience is more than just a buzzword; it's a crucial attribute that can significantly impact your overall health and well-being. But what exactly is resilience, and how does it relate to healing chronic pain through postural alignment? Let's delve into these concepts and explore how embracing resilience can transform your life. [Read More](#)

### Recipe of the Month

### Cream Cheese Stuffed Mushrooms

#### Ingredients

- About 20 small portobello mushrooms
- 1 cup of bacon bits (pre-cooked)
- 8 oz of cream cheese (softened)
- 1 teaspoon Worcestershire sauce
- Dash of Tabasco sauce
- Pinch of pepper
- Fresh Parsley (optional for garnish)

#### Instructions

- Preheat oven to 350 degrees F.
- Mix ingredients and stuff mushrooms with mixture. Bake for about 15-20 min and broil for 5 min or until desired crispness.

#### Notes

You can prep these ahead of time and refrigerate until ready to bake/broil.



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