

February Newsletter 2025



Sedona, Arizona

Happy Valentine's Day from Resilient Align Pain Solutions

During this special month, we want to remind you that self-care is an act of love too. Your effort, commitment, and resilience are an inspiration to all of us here at Resilient. We're honored to be a part of your journey toward a healthier and stronger you.

Keep going, and know we're with you every step of the way.

Sincerely,

The Resilient Team

Posture Pitfalls: How to Spot and Fix Common Alignment Issues

Ever catch yourself slouching at your desk or craning your neck to look at your phone? You're not alone. Poor posture is a common issue that can sneak up on even the best of us, leading to various chronic problems. In this blog post, we'll identify common posture issues, show you how to recognize them in yourself, and share tips on how specific posture problems can lead to chronic issues like numbness and pain. [Read More](#)



Free In-Person: Introduction 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: Tuesday, February 25, 2025

LOCATION: 6970 E Chauncey Ln. Suite 110. Phoenix, AZ 85054

TIME: 5:45pm - 7pm (MST)

PHONE: 480.999.5171

EMAIL: liz@resilientaps.com

[REGISTER NOW](#)

Recipe of the Month

Valentine Caprese Skewers

Ingredients

- Cherry tomatoes
- Mini fresh mozzarella balls (bocconcini)
- Fresh basil leaves
- Wooden skewers
- Italian Balsamic Glaze

Instructions

Using a sharp knife, carefully cut each tomato in half horizontally. Gently scoop out the seeds and flesh from the center of each tomato half. Thread two tomato halves onto a wooden skewer forming a heart shape, followed by a mini mozzarella ball and a fresh basil leaf. Continue alternating the tomato halves, mozzarella balls, and basil leaves until the skewer is filled, leaving a little space at the end for handling. Just before serving, drizzle the skewers with balsamic glaze, creating a beautiful pattern over the top.



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