

January Newsletter 2025



Sedona, Arizona

Happy New Year from Resilient

As we step into 2025, we wish you a year filled with new opportunities, joy, and success. May the coming year bring you peace, good health, and the strength to achieve all your goals. Here's to a bright and beautiful new year!

Sincerely,

The Resilient Team

New Year Clinic Hour Changes

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

WEDNESDAY - FRIDAY
JAN. 1ST - JAN. 3RD

We will resume normal hours on Monday, Jan 6th.



CHRONIC PAIN MIGHT JUST BE A POSTURE PROBLEM—Here's How to Tell

Are you struggling with chronic pain? It might be time to take a closer look at your posture. Poor posture can lead to a myriad of health issues, including chronic pain. By evaluating your posture and making necessary adjustments, you can alleviate pain and improve your overall well-being. In this blog post, we will guide you through six simple steps to assess your posture and make positive changes. [Read More](#)

Recipe of the Month

Stuffed Jalapeño Poppers

Ingredients

- 12 Jalapeños
- 12 Sharp Cheddar Cheese slices
- 12 Little Smokey Sausages
- 12 Bacon strips
- Choice of BBQ smoking chips (soaked in water)

Instructions

- Cut Jalapeños in half and remove seeds and stems with gloves
- Slice cheese in strips to fit length and width of peppers
- Insert little smokey inside jalapeño and piece jalapeños back together
- Wrap uncooked bacon around the stuffed jalapeño and secure with a toothpick
- Place soaked smoke chips in a metal pan on flame and jalapeño poppers in a foil pan on low flame in smoker and bbq until bacon is brown and crisp

Notes

You can also bake in oven at 425 degrees for 15-20 min or until bacon is brown and crisp if you don't own a smoker



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