

Dragonfly

E-Magazine by Nourish Wellness Center

MISSION & VISION STATEMENT

TO PROVIDE HIGH QUALITY WHOLE-PERSON COMPASSIONATE CARE BY INSPIRING AND EMPOWERING INDIVIDUALS TO PARTICIPATE IN THEIR RECOVERY AND HEALING.

TO BE AN ALL-ENCOMPASSING WELLNESS TREATMENT CENTER FOR MENTAL, EMOTIONAL, PHYSICAL AND SPIRITUAL HEALING USING BOTH TRADITIONAL AND INTEGRATIVE METHODS.

IN EVERY ISSUE

What's New

Topic of the Month


Monthly Events

Self-Care Corner

Monthly Blogs

Blue Couch Sessions





What's new?

NOURISH WELLNESS CENTER
HAS RELOCATED

OUR NEW ADDRESS IS:
3501 DEL PRADO BLVD S.
STE 207
CAPE CORAL, FL 33904

WE ARE ACCEPTING NEW
CLIENTS!

WE OFFER BOTH IN OFFICE
AND TELEHEALTH VISITS.

VISIT OUR WEBSITE TO
SCHEDULE A FREE
INTRODUCTION CALL

www.nourishwellnesscenter.com

OPEN HOUSE

Come tour our new
location and learn about
our services and events!

Saturday

January 13, 2024

10am - 4pm

Refreshments will be
Served!



INSIDE THIS ISSUE:

The Importance of Loving Yourself

THE IMPORTANCE OF LOVING YOURSELF

Loving yourself is crucial for your overall well-being and can have a profound impact on various aspects of your life. Positive mental health is closely linked to self-love. Embracing and approving yourself can lead to decreased levels of stress, anxiety, and depression.

Loving yourself doesn't mean complacency; rather, it provides a foundation for personal growth and development. When you love yourself, you are more likely to make choices that support your well-being and pursue goals that align with your values.

A strong sense of self-love contributes to emotional well-being by fostering positive emotions and a greater sense of contentment. Loving yourself encourages authenticity and the freedom to express your true self. It allows you to pursue your passions, interests, and values without fear of judgment or the need for external validation. It enables you to appreciate the journey, find meaning and purpose, and cultivate a positive outlook on life.

When you recognize your worth and celebrate your strengths, you are more likely to pursue goals and opportunities that align with your values. During difficult times, a strong self-love serves as a protective factor, allowing for a more optimistic perspective when navigating obstacles. A robust sense of self-love acts as a defense against negative thoughts and self-condemnation, promoting resilience in the face of life's challenges.

In essence, self-love is the foundation for a healthy, fulfilling life. It empowers you to navigate challenges, build meaningful connections, and lead a life that aligns with your truest self. Cultivating self-love is an ongoing process that involves self-awareness, self-acceptance, and intentional self-care practices.



EVENTS

Trauma Informed Yoga

Jan 17@6pm

Jan 27@10am

Happy Hour of Healing

Jan 28@11am

Women's Empowerment Circle

Jan 24@6pm

Awakenings: Guided Meditation Experience

Jan 31@6pm

Visit our website to register for all current and Upcoming Events!

<https://nourishwellnesscenter.com/events/>

OPEN HOUSE

Saturday

January 13, 2024

10am - 4pm

Check out our latest blogs at:

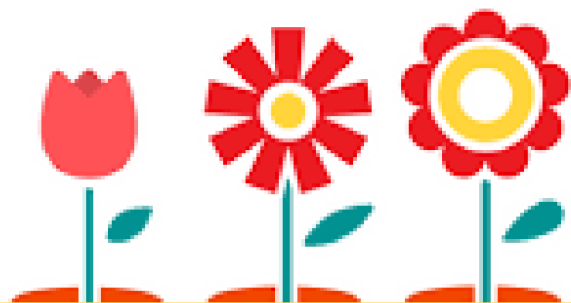
<https://nourishwellnesscenter.com/blogs-articles/>



January is Self-Love Month

- Stop comparing yourself to others
- Create healthy boundaries
- Practice self-empathy
- Let go of what does not serve you
- Forgive yourself

Self-Care
Corner



Blue Couch Sessions

A MESSAGE FROM OUR FOUNDER

Hello Dear Ones, and Welcome

My hope is that this letter finds you in good health and high spirits. As we embark on this new month and year, I am filled with gratitude for the community that has blossomed around Nourish Wellness Center. Our shared journey towards mental, emotional, physical and spiritual well-being is a testament to the power of collective support and understanding.

This month, I encourage you to embrace the theme of self-discovery and self-love. Each of us is on a unique journey, and understanding ourselves is the first step towards building resilience and finding joy in the present moment. Let us be kind to ourselves, recognizing that growth often comes from moments of reflection and self-compassion.

I am immensely proud of the strides we are making as a community, and I am excited about the future of Nourish Wellness Center. Thank you for being part of this journey. Your engagement, feedback, and commitment to mental, emotional and spiritual well-being inspires me everyday.

Wishing you a month and year filled with self-love, self-discovery, resilience, and moments of profound joy. Happy New Year!

With heartfelt gratitude,
Dora Cario, LCSW, QS



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The Dragonfly E-Magazine aims to educate and inspire you by providing a diverse range of perspectives that resonate with each one of you. Each month you will find articles, tips, and features dedicated to fostering a deeper understanding of mental, emotional, physical, and spiritual health.

START YOUR HEALING JOURNEY TODAY!

WWW.NOURISHWELLNESSCENTER.COM

CONNECTMYCARE@NOURISHWELLNESSCENTER.COM

239.470.4385

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