Welcome June!

Sports Medicine Month is all about moving better. We’re excited to offer a variety of workshops and events that will help you improve your movement and overall health. Here’s a summary of what’s happening this month:

**Tuesday, June 4th**
- Sportsmetrics: An evidenced-based ACL (Knee) injury-prevention and testing course.
- DNS: Dynamic Neuromuscular System course.

**Tuesday, June 11th**
- Sportsmetrics: An evidenced-based ACL (Knee) injury-prevention and testing course.
- Z-Health: A course on optimizing movement and performance.

**Tuesday, June 18th**
- DNS: Dynamic Neuromuscular System course.

**Tuesday, June 25th**
- Sportsmetrics: An evidenced-based ACL (Knee) injury-prevention and testing course.
- Z-Health: A course on optimizing movement and performance.

**Wednesday, June 26th**
- Blood Flow Restriction (BFR) Training: A method to increase muscle growth and reduce recovery time.

**Wednesday, July 3rd**
- Acupuncture & Sound Therapy Group Healing: A combination of therapeutic techniques to promote healing.

**Wednesday, July 10th**
- DNS: Dynamic Neuromuscular System course.

**Wednesday, July 17th**
- Sportsmetrics: An evidenced-based ACL (Knee) injury-prevention and testing course.
- Z-Health: A course on optimizing movement and performance.

**Thursday, July 25th**
- Sportsmetrics: An evidenced-based ACL (Knee) injury-prevention and testing course.
- Z-Health: A course on optimizing movement and performance.

**Friday, July 26th**
- DNS: Dynamic Neuromuscular System course.

**Friday, August 2nd**
- Sportsmetrics: An evidenced-based ACL (Knee) injury-prevention and testing course.
- Z-Health: A course on optimizing movement and performance.

**Friday, August 9th**
- DNS: Dynamic Neuromuscular System course.

**Friday, August 16th**
- Sportsmetrics: An evidenced-based ACL (Knee) injury-prevention and testing course.
- Z-Health: A course on optimizing movement and performance.

**Tuesday, August 27th**
- Sportsmetrics: An evidenced-based ACL (Knee) injury-prevention and testing course.
- DNS: Dynamic Neuromuscular System course.

**Wednesday, August 28th**
- Z-Health: A course on optimizing movement and performance.

**Wednesday, September 4th**
- Sportsmetrics: An evidenced-based ACL (Knee) injury-prevention and testing course.
- DNS: Dynamic Neuromuscular System course.

**Wednesday, September 11th**
- Z-Health: A course on optimizing movement and performance.

**Wednesday, September 18th**
- Sportsmetrics: An evidenced-based ACL (Knee) injury-prevention and testing course.
- DNS: Dynamic Neuromuscular System course.

**Wednesday, September 25th**
- Z-Health: A course on optimizing movement and performance.

We’ve also added new services to our Wellness Boutique this month:

- **MWWJH**
  - The Navigator Newsletter: JUNE
  - Featruing this Month’s Classes, Events & Specials
  - Visit our website at mwwjh.com to learn more.

Don’t forget to check out our **Wellness Boutique Special** on Tuesdays & Thursdays, 9:15-10:15am. This unique and deeply therapeutic session can be coupled with massage and one-month of unlimited classes!

- **Promo Code:** "SUZER15"
- **Save 15% on in-house purchases"**

We tend to bumps and bruises and aim to optimize performance with training, evidence-based techniques, expertise, and experience working with the world’s best athletes and why our expertise in Sports Medicine & Athletic Training adds immense value for those who are striving to maximize outcomes in injury recovery and athletic training, evidence-based Athletic Training methods:

- Blood Flow Restriction (BFR) Training
- Sportsmetrics
- DNS

Our holistic approach to optimal health and healing is what sets us apart but it’s time to get Sporty! The start of the New Year was the time to set resolutions, three of these oils, solo or in combo, are great to add just a few drops to your regimen:

- **LAVENDER, LEMON & PEPPERMINT**
- **RESET Hemp Extract CBD/CBG**
- **TrueRemove**
- **Opedix Kinetic Health Gear**

**Please Note:**
- Restorative Yoga Flow with Nikki Beck
- Movement as Medicine!

If you’re looking for a change, we’re offering a fresh tweak? You can find us on our Facebook page or visit our website at mwwjh.com to learn more about our services.

**Usa**

- **By the way, you have to breathe better!**
- **To Move Better, You Have to Breathe Better!**
- **Save 15% on in-house purchases**
- **Learn More & Reserve your space!**
- **Promo Code:** "SUZER15"

**Sign up**

- to receive our future emails.
- To continue receiving our emails, add us to your address book.

**Opt out**

- Okay, now that you’ve received our email, you can opt out at any time.
- tripod.com

**Visit Us Online**

- Learn more and order your Opedix online:
- Opedix.com

**A Perfectly Integrated 1-Month Training Program**

- Designed to bring you into your best state of health and identify your goals followed up with a personal training session, professional therapeutic treatment in a complementary collective providing greater aspects of Well-being, we integrate Modern Medicine Wheel Wellness offers Holistic

**Opedix Core-Tec shorts and Dual-Tec tights**

- Scientifically proven to plant seeds, and motivate into a new direction. Springtime is for sprouting those

**Thank you for your support!**

- We’re here to serve as a class every

**Congrats!**

- You’re now on our mailing list.
- Your first email is on its way!