

# PREMIER HEALTH

## Of Coon Rapids



### PRODUCT OF THE MONTH:

40% off of Chiro Flow  
Cooling Gel Pillow



### WELLNESS CLASS

Foam Rolling w/ Dr.  
Mitch

Sign up at the front desk  
or by calling/texting.

**763-270-5828**  
**3340 Northdale Blvd.,**  
**Ste. 120, Coon Rapids**

## COMMUNITY SPOTLIGHT

Nicole Wawra is a licensed acupuncturist in the state of Minnesota, certified through the NCCAOM. She graduated with honors from Northwestern Health Science University with a Master's degree in acupuncture in 2023. Nicole has provided direct patient care in numerous clinical settings, including: DeRusha Clinic, Salvation Army Harbor Light Center, M Health Fairview Masonic Children's Hospital, Human Performance Center and Courage Kenny Rehabilitation Institute. Nicole loves working with all types of patients, but particularly enjoys treating those struggling with chronic pain and mental health challenges. In her free time, Nicole is an avid swimmer, paddle boarder, and hiker. During chilling Minnesota winters she can be found curled up with her cat, Maggie, reading a book.

**Text us to ask about acupuncture scheduling!**



**In honor of National Comfy Day on February 20th, we asked our team their favorite ways to be comfy at home or on the go!**

**DR. KELSEY:** I love to bury myself under a pile of blankets next to my fireplace with my kitties and husband while reading, doing crossword puzzles, playing cribbage, or watching the Wild!

**DR. MITCH:** Change into my most comfortable sweats, light candles and turn fireplace on (especially in the winter).

**SHANNON:** My favorite way to be comfy is to really just not care what anyone else thinks of me. That way there is no stress to keep up a fake facade and I can just focus on enjoying things. You can also never go wrong with hoodies and blankets!

**OLIVIA:** Some of my favorite ways to be comfy are watching a good show on the couch with a blanket, cuddling with my dog, and running errands in my COMFY clothes.

**LAURA:** I stay comfy at home with my fluffy hoodie, blankets, and slippers. Drinking tea and watching TV or movies with my bf.

**NICOLE:** I stay comfy at home by wearing my home clothes and slippers under a soft blanket with my cat napping on my lap. I am either reading a book or watching a comedy like New Girl or Modern Family.

*Nicole Starts! - Feb. 1  
Thank a Mailman Day - Feb. 4  
Happy Valentine's Day - Feb. 14*

# RECIPE OF THE MONTH

## Veggie Pizza (Dr. Kelsey 's Recipe)

### Ingredients:

- 1 can of 8 count crescent rolls
- ¾ cup mayonnaise
- ¼ TBSP pepper
- 11 oz. cream cheese
- ¼ package of Hidden Valley Ranch seasoning packet
- 1 tsp. dill
- Shredded cheese
- Broccoli, green peppers, cauliflower, carrots - chopped

### Directions:

- Preheat oven to 375 degrees
- Press the crescent rolls in a 10X15 sprayed baking pan and bake for 10-13 minutes and then allow to cool.
- Mix the mayonnaise, pepper, cream cheese, Hidden Valley Ranch seasoning, and dill together in a bowl
- Spread the mayo mixture on top of the cooled crust
- Top with the shredded cheese and chopped veggies

