



New Year **New You!**

As the clock struck midnight on Dec. 31, and 2019 transformed into the newest decade, you likely had a yearning to ring in the new year right. Whether your resolutions focus on better eating habits or a more significant metamorphosis, the changing of the year is an annual opportunity to finally follow through on good intentions, to take what you like about yourself and make it better – and to rid yourself of things you no longer want or need. With that in mind, we offer this special section, which focuses on local entities that are dedicated to helping you make this your best year yet. Some help you become healthier of body, mind and soul. Others help you celebrate in unprecedented manners. Still others give you a chance – and/or an incentive – just to reflect and to recalibrate. Whatever it is that you want this year, here's a toast to you finding that. Happy New Year!



Benissimo, ya'll!

As you prepare to make a toast to 2020, you should consider doing it at Piccolo Mondo. This premier restaurant specializes in authentic Italian cuisine in a fine-dining atmosphere. Piccolo Mondo has live music Tuesday through Saturday beginning at 7 p.m. in the Piano Bar, and its bar is stocked with top shelf liquors and wines. So toast away. For more: piccolomondo.com.



Wellness done well

Resurgence Wellness specializes in providing advanced medical solutions to reach optimal health. Whether it's stabilizing hormone levels, losing some pounds, or boosting your immune system during/ before a cold, the practice's patient-centered approaches and experienced medical staff team to support your journey towards healing.

The medical professionals at Resurgence Wellness will assist you in creating an individualized treatment plan to enhance your body's capacity to heal itself. The team is dedicated to helping people make big life transformations in order to live a vital life and to get back to owning each day.

Services offered include: medical weight loss, hormone replacement therapy, nutritional IV therapy, concierge medicine, sexual wellness, peptide therapy, aesthetics, PRP/stem cell therapy and anti-aging and regenerative medicine.

For more: resurgencewellness.com.

Prepare to be floored by this compelling offer

If achieving your new you for 2020 extends to what you plan to do with your dwelling, consider that Hiltons Flooring is offering 12 months special financing on purchases of \$2,000 or more this month.



That means you can get new floors – hardwood, carpet, tile/stone, laminate or vinyl – at great savings this time of year. And ... if you expand the home

“redo” to include cabinets/fixtures, those are available at Hiltons Flooring, as well.

For more: hiltonsflooring.com.



If new years are about making smart choices, how about this?

As you celebrate the prospect of entering 2020 with renewed vigor, consider that you could launch the new decade with a new professional focus, as, over the years, have some 200,000-plus alumni of the University of Texas at Arlington.

As impressive as that number is, consider these: UTA is ranked the No. 1 university in the nation for veterans and their families (*Military Times*), is rated as an R-1 doctoral university by the Carnegie Classification of Institutions of Higher Education for its research accomplishments and has produced 16 National Academy of Inventors fellows – the highest total in the country.

Ponder this, as well: UTA offers more than 180 degree programs across nine colleges. With world-renowned faculty and resources, the University of Texas at Arlington can help you carve out your path to becoming an innovator, thought-leader and global citizen.

And it's in your back yard.

For more: uta.edu.



When one of the first words you utter this year is ‘Ouch!’

So, what if the new year brings you a new injury? You obviously want to get back to a new you as soon as possible. Strengthening or retraining muscle movements, increasing physical strength and flexibility or learning to cope with new limitations are essential in the healing process of patients recovering from orthopedic injury. Methodist Mansfield Medical Center's interdisciplinary team of physical medicine specialists offers evidence-based occupational therapy and physical therapy to help patients recover quality of life and functional independence.

Occupational therapy

- Static and dynamic custom splinting
- Orthopedic and neurological hand and upper extremity rehabilitation
- Manual pain management therapy
- Physical agent interventions
- Activities of daily living retraining
- Adaptive equipment training
- Hand therapy provided by a Certified Hand Therapist

Physical therapy

- Orthopedic and neurological surgery or injury rehabilitation
- Manual pain management therapy
- Vestibular rehabilitation
- Lower extremity training
- Pelvic health
- Sports rehabilitation

For more: methodisthealthsystem.org/methodist-mansfield-medical-center.



How Botox can help you look younger in a few short days

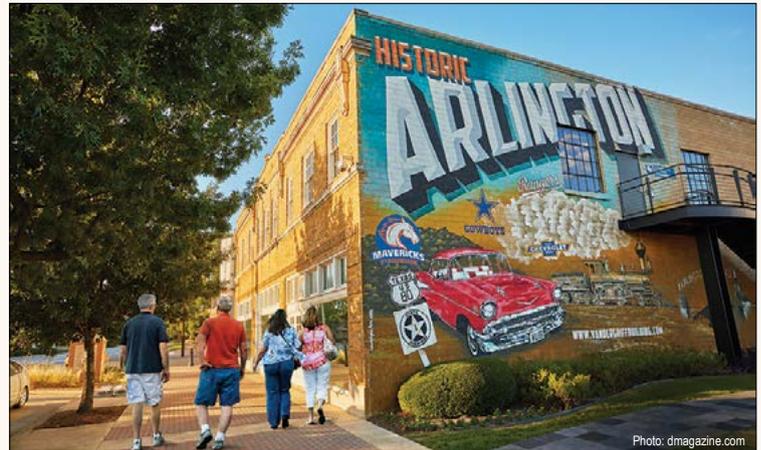
Since gaining FDA approval for cosmetic use in 2002, Botox has become one of the quickest, easiest and most affordable methods available for improving the appearance of moderate to severe frown and worry lines between the eyebrows, crow's feet at the corners of the eyes and lines on the forehead and neck. Dr. Mark Bishara and his team at the Paragon Plastic Surgery Center & Med Spa offer a range of Botox treatments designed to help you become a new you in short order.

Botox is a purified protein made from a bacterium called *Clostridium botulinum* and is the most effective neurotoxin known. Its use has become widespread worldwide, particularly by celebrities, as it is viewed as being less intrusive and artificial when compared to other types of cosmetic facial procedures.

Botox injections are received by millions every year, including both men and women at Dr. Bishara's Mansfield office, placing the treatment at No. 1 as the most popular facial improvement method available. When performed by an experienced and qualified practitioner the procedure is considered to be very safe. Its effects typically last for about four to six months, although some results may be as long-lasting as eight months.

The procedure takes only a few minutes to perform, and results are visible within a few days.

For more: markbisharamd.com.



Have you checked out what's going on Downtown lately?

This year – this month, in fact, – you should make a resolution to schedule a “staycation” that focuses solely on activities and sites in Downtown Arlington.

Why?

Because Downtown Arlington rocks! With the city's renewed interest in invigorating the area, you'll find all manner of new restaurants and attractions blending with the old favorites, thus guaranteeing that you'll be well fed, well groomed, well entertained – and well satisfied.

For more: downtownarlington.org.

Meanwhile, over in Downtown Mansfield ...

As you ponder resolutions for 2020, you'll definitely want to put paying a visit to historical downtown Mansfield on your list of “go to places worth visiting.”



Like Arlington, Mansfield's city leaders have put a priority on sprucing up downtown, and you'll find an array of interesting places to see – and at which to

eat. If you're a history buff, you'll want to check out the Mansfield Historical Museum and Heritage Center, which features artifacts from the city's early settlers.

For more: visitmansfieldtexas.com.

Here's a great, affordable way to get younger-looking skin

Great Skin Spa & Facial Club has a history of making its clients look and feel younger, and when is a better time to make that commitment than at the start of a new year?

Great Skin's belief is that the best results of skin care and



body treatments are produced via continuous and regularly scheduled, skin and body treatment regimens teamed with an effective, customized home care system to use in between your professional treatments.

Great Skin's Facial Club makes it affordable for clients to care for their skin in both aspects – in spa and at home.

Each service offers a one-time investment of a single treatment, as well as membership pricing, which is based on a four-time treatment plan that offers a lower investment per treatment, to give you the very best results and investment level. Once you achieve each goal, a maintenance program can also be purchased on Facial Club membership, thereby continuing maintenance at the best investment level.

For more: greatskin4u.com.

For those who really want to get in shape ...

Orangetheory is a science-backed, technology-tracked, coach-inspired group workout designed to produce results from the inside out.



The staff at the three Arlington-area Orangetheory Fitness locations makes it simple for you to push yourself, be your personal best and give you more results, more confidence and more life.

This is ... well ... more than a gym, because you shouldn't live to exercise – you should exercise to live.

For more: orangetheoryfitness.com.



If your new year is going to include a new addition ...

The Women's Hospital at Medical City Arlington is where excellence meets elegance, and healthcare is personalized. The hospital's mission is to help you achieve optimal health through every stage of life. The specialists and care team at The Women's Hospital at Medical City Arlington provide high-quality gynecology and reproductive care, including:

- Childbirth education classes
- Complete labor and delivery care
- High-risk pregnancy care
- Infertility services
- Maternity unit tours
- Postpartum care
- Support groups

The Women's Hospital is designed with:

- A dedicated postpartum floor with 34 private and peaceful patient rooms
- Four spacious luxury postpartum suites
- 33 medical/surgical rooms, including 14 antepartum rooms
- 23 labor and delivery rooms
- Three cesarean section (C-section) operating rooms
- 35 Level III neonatal intensive care unit (NICU) beds
- 15 private NICU rooms
- Two family overnight-stay rooms for NICU patient family members

Two experienced medical teams are present for every birth at Medical City Arlington—one for mom and one for baby. This way, moms gets everything they want, while babies get everything they need.

For more: shorturl.at/hi349.

When you want to get away but don't want to travel far ...

If you've ever treated yourself to a "staycation" that included spending a night or weekend at The Sanford House, you are likely putting a return visit on your 2020 list of resolutions. This luxurious boutique hotel located in historic downtown features 12 elegant combinations (including the Beethoven Room, pictured), a fine-dining restaurant and a full-service spa.

The often celebrated restaurant 506 features "Inspired American" cuisine. The culinary team creates delicious seasonal menus which are hand-made with the freshest ingredients. The eatery is open to the public for lunch Wednesday through Saturday from 11 a.m. to 2 p.m., for dinner Wednesday through Saturday from 5:30-9 p.m. and for brunch Saturday and Sunday from 10:30 am to 2 p.m.

The Award Winning Sanford Spa & Salon is a stunning venue where men and women can experience an abundant selection of salon and spa services. The professional technicians are available Tuesday through Sunday to provide all personal care services.

For more: TheSanfordHouse.com.



Classes, programs to make you better

The Arlington-Mansfield Area YMCA offers many opportunities for you to get in shape, feel your best and enrich your life.

With four locations in the area, the YMCA locations offer more than 200 weekly group exercise classes for youth and adults that can help you reach your wellness goals, and are included in your membership.

Because the Y team knows that healthy lifestyles are achieved through nurturing mind, body, and spirit, well-being and fitness at the Y is much more than just working out. Beyond fitness facilities, the Y provides educational programs, as well as programs that support physical, intellectual and spiritual strength.

For more: amymca.org.

Because better hearing is synonymous with a better life

For more than three decades Kos/Danchak has made it a priority to improve the quality of life for those in need of hearing health care. The practice provides comprehensive and individual hearing health care, while building long-term relationships with patients and their families based upon honesty, integrity, and respect.



Among the many services provided by Kos/Danchak are complete hearing tests; earwax removal; hearing aid evaluations, selection and fittings; rehabilitation and Counseling.

Kos/Danchak also features a full line of hearing instruments, repair and service for all brands and models of hearing aids, hearing protection and swim molds and assistive listening devices. The practice provides a Complete Hearing Health Care Package at no additional cost with the purchase of a hearing aid. Kos/Danchak's Complete Hearing Health Care Package is the most comprehensive service package in the area.

For more: northtxhearing.com.