

## A family practice (with emphasis on the family)



**A**rlington Family Practice, PA, has been taking care of local families for more than four decades. The practice has four medical specialists – Sherley Aramath, M.D., Laura Rice, D.O., Tien Truong, D.O. and Kaitlyn Gorman, FNP-C – who provide quality medical care in a fun and loving environment.

Arlington Family Practice serves patients of all ages with a wide range of medical and health services. The medical team at AFP believes you receive the best care when you consistently see one doctor who is able to gain a detailed understanding of you and your family's medical needs.

For more: [arlingtonfp.com](http://arlingtonfp.com).

# Here's to your health!

Check out how local individuals, medical care providers and businesses are going the extra mile to help you become a better you this summer

## Online health summit

**T**he Virtual Food as Medicine Summit & Expo will be held Aug. 22-29. Focusing on nutrition, fitness and wellness with an emphasis on preventing and reversing chronic diseases, the online event will feature physician speakers, as well as plant-based experts in nutrition, fitness and wellness. The Virtual Expo Hall will feature health and wellness-related sponsors and exhibitors where visitors can virtually explore products, services and resources.

To register: [foodasmedicinesummitfb.com](http://foodasmedicinesummitfb.com).





## Come enjoy a day at the spa

**T**he 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-Sunday to provide all personal care services. Spa treatments for both women and men run the gamut, from massages, body treatments, skin care, and manicure and pedicure to full spa packages.

Treatments and spa packages range in price from \$45 for a reflexology massage to the \$390 “Fly Me to the Moon” spa package.

After spending time at Sanford Spa & Salon, you’ll be ready to enjoy a special event, such as a wedding, or just be “ready for the world.”

For more: [thesanfordhouse.com](http://thesanfordhouse.com).



## Robotic Surgical Assistant makes for better knee replacements

**Y**ou’re unique, and so is your individual anatomy. That’s why Baylor Scott & White Orthopedic and Spine Hospital Arlington employs ROSA® Knee robotic technology for knee replacement procedures.

ROSA, which stands for Robotic Surgical Assistant, is designed to help your specially trained surgeon tailor the placement of your knee implant just for you.

Before surgery, a series of x-rays may be used to create a three-dimensional (3D) model of your knee anatomy. This 3D model will enable the surgeon to plan many specifics of your knee replacement prior to your surgery. Throughout your surgery, ROSA Knee provides your surgeon with data about your knee. This information, combined with your surgeon’s skill, helps them know how to position your implant based on your unique anatomy. Getting a precise knee implant fit is important to your comfort and overall experience following surgery.

For more: [bswarlington.com/rosa-robotic-knee-system](http://bswarlington.com/rosa-robotic-knee-system).



## Here’s your wellness solution

**A**re you suffering from pain? Is a chronic disease or illness taking a toll on your life? Arlington Chiropractor Dr. Kenyon Godwin and his team at Active Family Wellness Center have one ultimate goal: to make sure you get results.

Dr. Godwin uses holistic means to treat people with headaches, neck pain, herniated discs, sciatica or prenatal and pediatric concerns. The practice treats folks of all ages: infants with colic just starting out in the world, adults who wish to experience everyday wellness, and seniors who wish to feel active and mobile throughout their golden years.

The practice offers functional medicine in addition to chiropractic, rehabilitation, weight loss, functional fitness, massage therapy and spinal decompression.

For more: [txwellnessdoc.com](http://txwellnessdoc.com).



## Diabetes education services can help you manage the disease

**L**earning how to manage diabetes is the most critical component of caring for yourself after you've been diagnosed. **Methodist Mansfield Medical Center's** diabetes education services can help you prevent or delay diabetes-related problems like heart disease, stroke, kidney disease, nerve damage, amputations, erectile dysfunction, and blindness.

The hospital offers a free diabetes education course, which teaches:

- How to build a diabetes-friendly diet.
- How diabetes works and what you can do to keep it under control.
- Wound prevention and care.
- Fun ways to stay active.
- The long-term complications of diabetes and how to prevent them.
- How to manage stress.
- Where you can find community support resources.

For more: [shorturl.at/dfnr9](http://shorturl.at/dfnr9).

## A massage does wonders



**T**he demands of daily life can be super taxing on your body. That's why it pays to take care of it. **Massage Envy** will help keep your body running smoothly, so you can run that half marathon or thrive during that full day of meetings. Your therapist will get to know you, then pull from various massage types and incorporate elements of them to address your specific needs.

For more: [massageenvy.com](http://massageenvy.com).

## Diet Solution Centers help you shed pounds and stay healthy

**D**iet Solution Centers began in Mansfield in 2011 with a mission to help the community get healthy and lose excess weight. In addition



Dr. Richard Knight

to the Mansfield office (920 Hwy 287 N., Suite 306), DSC now also has an office in Pantego (2542 W. Pioneer Pkwy.)

Under the leadership of Dr. Richard Knight, Diet Solution Centers team members have a desire to practice and promote health and wellness in all their patients.

DSC has a ZERO POLICY: ZERO gimmicks and ZERO prepackaged meals!

"We are here to keep you accountable and cheer you on throughout your weight-loss journey," Dr. Knight says. "We value integrity – we will never lie to you to get your business or get you to buy a product you don't need. You can rely on us to be there for you, even after hours."

Dr. Knight and DSC personnel have consultants available constantly. "We encourage phone calls while you are out grocery shopping," Dr. Knight says. "After hours, consultants can be reached through Facebook and Instagram."

An initial visit features a medical examination, weight and BMI checks, an EKG, lab work, a blood pressure check, a food consultation, a B12 injection, appetite suppressants and a taking of a "Before" photo. Weekly follow-up visits monitor all of those items, plus a program review.

For more: [dietsolutioncenters.com](http://dietsolutioncenters.com).

## Dr. Schoening honored by DHA

Last month, Dental Health Arlington hosted a virtual “Love That Smile” event, during which the non-profit, low-cost dental resource officially



Dr. Amy Schoening

named the facility at which it serves patients the Schoening Dental Clinic.

The move honored longtime DHA volunteer dentist

Dr. Amy Schoening, who recently opened a new practice in Mansfield.

In addition to honoring Dr. Schoening, Dental Health Arlington also celebrated two other key people at the virtual event. Sally Hopper was named Volunteer of the Year Award and Dan Blumberg was honored with the Golden Crown Award.

For more: [schoeningdds.com](http://schoeningdds.com).

## Kos Danchak can protect your hearing from a variety of noises

Protecting your hearing from harmful noise is important to preserving your hearing clarity. The majority of people who experience a loss in hearing clarity have that loss because they have not effectively protected their ears—this is called “Noise Induced Hearing Loss.”



Kos Danchak Audiology and Hearing Aids, which has served North Texas patients for more than 35 years, offers hearing protection to address a variety of “loud” endeavors, including:

- Power tools, chainsaws, woodworking equipment and lawnmowers
- Construction or industrial equipment
- Firearms
- Recreational noise – motorcycles, speedboats

For extra comfort and protection, Kos Danchak can provide you with custom earplugs that will conform specifically to your ear canals and can be customized to provide you with the right protection for specific noise environments. Hunters earplugs feature a valve that closes in the presence of impact noise. This allows shooters to hear clearly until the weapon is fired and still have some hearing protection from the gunfire. Other specialty custom ear plugs include those for pilots, motorcyclists, military personnel and more.

For more: [northtxhearing.com](http://northtxhearing.com).



## Pilates, anyone?

The Pilates Effect is a fully equipped Pilates Studio dedicated to the overall well being of its clients. Located at the Shoppes at Brownstone Village (2410 W. Abram, Suite 112), the Pilates Effect features a team of pilates experts who are dedicated to helping clients improve their quality of life and develop all muscles, transforming their body to the fullest, achieving personal fitness goals and improving their everyday physical lifestyle.

For more: [thepilateseffect.com](http://thepilateseffect.com).

## Need some Rx for your skin? Here's a great solution for you

Great Skin Spa & Skin Care is an award-winning, locally owned day spa that offers unsurpassed products and services, as well as an inviting and warm environment that gives you a sense of peace, relaxation and results during each visit.



Every service at Great Skin is available on an individual basis or via the spa's Facial Club membership, which consists of a four-treatment-plan series that gives you best value and results for each of your skin and body care goals and objectives.

Through the Facial Club, Great Skin makes it affordable for clients to care for their skin both in the spa and at home. After a client achieves each goal, a maintenance program can also be purchased on the Facial Club membership, thereby continuing maintenance at the best investment level.

Great Skin also offers makeover services for weddings, proms, graduations, Quinceaneras and other special events.

For more: [greatskin4you.com](http://greatskin4you.com).