

When the calendar page turns to Jan. 1, many of us vow to do some turning of our own.

Here are some offerings from local entities that can help make the transitions a little easier – and more rewarding in the year

2021



Down ... set ... HIKE!

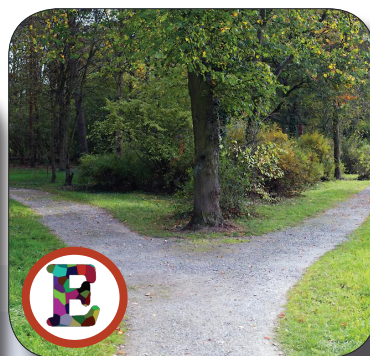
IF ENHANCING YOUR health is a 2021 goal – and, let's face it: that's generally one of the default resolutions for most of us – you don't have to look far to find a park, trail or safe place to ride a bicycle. The Arlington Parks & Recreation Department oversees nearly five dozen parks, each adorned with beautiful scenery and many featuring literal paths to a better you. The crown jewel, of course, is River Legacy Parks, which is a 1,300-acre urban oasis following the curves of the Trinity River. You can literally take a different course every day and regularly enhance your spirit while honing your body. If you live in or near Mansfield, you'll also want to check out Elmer W. Oliver Nature Park, which definitely lives up to its name. For more: riverlegacy.org and tinyurl.com/y9htkk6j.

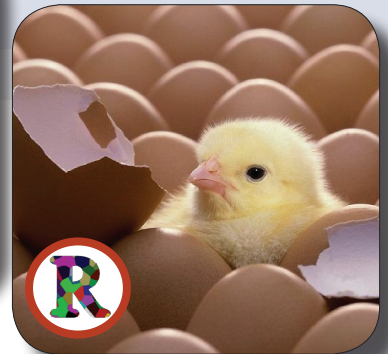
Be well, my friends

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. Services offered include: medical weight loss, hormone replacement therapy, nutritional IV therapy, concierge medicine, sexual wellness, peptide therapy, aesthetics, trigger point injections and anti-aging and regenerative medicine.

For more: resurgencewellness.com.





Look & feel younger

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.

For more: greatskin4u.com.

'Hear, hear!,' we say

FOR THE PAST 35-PLUS YEARS, 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.





The 'inn' place in Arlington

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 2021 list of resolutions.

This luxurious boutique hotel located in historic downtown features 12 elegant combinations (including Villa Monaco; Villa Royale; Bristol Cottage; Regency Cottage; Riviera Cottage; Verona Cottage; the Bach and Strauss Carriage Houses; and the Beethoven, Brahms, Mozart and Vivaldi rooms).

But, wait! There's more!

Private rooms can be reserved for groups up to 60 in the Manor House. The Grand Courtyard is an extraordinary venue for weddings and receptions for up to 200 guests. All catering is created and executed by the culinary team of Restaurant506. Full bar and fine wine selections are also available.

Speaking of the often-celebrated Restaurant506, this popular eatery features "Inspired American" cuisine. The culinary team creates delicious seasonal menus that are hand-made with the freshest ingredients. The restaurant is open to the public for lunch from 11 a.m.-2 p.m. on Wednesday through Friday; it is open for dinner from 5 p.m.-9 p.m. on Wednesday through Saturday; and it is open for brunch from 10 a.m.-2 p.m. on Saturday and Sunday.

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.

Better health through Pilates

THE PILATES EFFECT is a fully equipped Pilates Studio dedicated to the overall well being of its clients.

Owner Cami Green and her team have as their goal to increase their clients' quality of life and to develop all muscles, transforming their bodies to the fullest, achieving personal fitness goals and improving their everyday physical lifestyle. By concentrating on all the muscles using the Pilates principles, over time you will create stronger, leaner muscles, improving posture, increasing core strength, mobility and stability, creating benefits you will see in your everyday life.

The Pilates Effect offers a contemporary approach to Pilates by following the STOTT PILATES® Method, an approach using the benefits of the original Pilates method that was taught by Joseph Pilates, along with a collaboration of physical therapists/physiotherapists, sports medicine and exercise professionals.

For more: thepilateseffect.com.

Shop 'til you drop

IF YOU ENJOY shopping - or, even, browsing - you owe it to yourself to put "Take a trip to Gracie Lane and Anything Goes" on your New Year's itinerary.

Gracie Lane is like a collection of your favorite things - and those you haven't yet found - all in one pretty package. As long-time connoisseurs of the best shopping venues, they have gathered the most impressive local collections under one delightful roof.

Anything Goes' name implies what the store is all about. Its staff's goal is to provide you with a one-stop, unique gift shop with selection opportunities for a wide variety of occasions. And, if you want to help make someone else's 2021 get off to a good start, don't forget to browse through the vast selection of greeting cards, which are sure to put a smile on said someone's face.

Bottom line: Both places are good for the shopper's soul.

For more: gracielanecollection.com and anythinggoesgiftshop.com.

Holistic wellness (that's the best kind)

IN EACH OF THE PAST SEVEN YEARS, Dr. Kenyon Godwin, founder of Active Family Wellness Center, has been named an All Star by our readers. So you know he knows a thing or two thousand about how to help his patients get and stay healthy.

Dr. Godwin founded his practice in 2010, and six years later, Active Family Wellness Center was named the Arlington Chamber of Commerce's Veteran-owned Small Business of the Year. The practice has become so highly regarded by patients that Dr. Godwin opened a second office in the North Arlington area some two years ago.

"We believe people should have the freedom to pursue their purpose without limitations!" Dr. Godwin says. "AFWC offers an effective lifestyle modification program utilizing Functional Medicine. This program incorporates the best of wellness: Chiropractic, Nutrition, Detox, Comprehensive labs, Supplements, Massage, Fitness, Mentorship and Meditation/Prayer. Our catalyzing statement is to make Arlington the healthiest city in the state of Texas."

For more: txwellnessdoc.com.

You-T-A!

AS YOU CELEBRATE THE PROSPECT of entering 2021 with renewed vigor, consider that you could launch the new decade with a new professional focus, as, over the years, have some 220,000-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 19 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. And it's in your backyard.

For more: uta.edu.

Eats, drinks and merriment!

BECOMING THE BETTER YOU isn't always confined to lifestyle adjustments, pampering and enhancing the current situation. Sometimes, you just need to celebrate, and we can think of few celebration destinations better than renowned local eateries Mercury Chophouse and Piccolo Mondo.

At the former, you get great American food and service and the best view of the Arlington area around. At the latter, you get great Italian cuisine and service and, in all likelihood, enough of both to recommend the restaurant to friends.

Either way, you get something to celebrate! For more: mercurychophouse.com and piccolomondo.com.

Scaling back

DIET SOLUTION WEIGHT LOSS CENTERS were created by Dr. Richard Knight in Mansfield in 2011 with a mission to help the community get healthy and lose excess weight.

Diet Solution Weight Loss Centers provide a medically monitored weight loss program that specializes in personal treatment for each patient. Before patients even begin the program they receive an EKG and undergo blood work that tests for cholesterol and thyroid levels. This evaluation also includes: BMI, weight, height, vitals, a B12 injection and Amino appetite suppressants.

The initial examination takes an hour. Thereafter, patients come in weekly to receive vitals, BMI, weigh in, and they are able to meet with Dr. Richard Knight to determine how they can achieve the healthiest of results.

Dr. Knight says Diet Solutions Centers strive to achieve the best results for every individual patient. "In order to achieve the best results, each patient will select the supplements that adhere to his or her goal," he says.

To help patients reach their weight-loss/health goals, DSC offers "extras" that help reduce hunger, increase lean muscle, reduce body fat, burn fat faster, maintain blood sugar levels, decrease mild signs of depression and more.

For more: dietsolutioncenters.com.