



## A class to educate you about joint/spine surgery

**B**aylor Scott & White Orthopedic & Spine Hospital-Arlington's joint/spine replacement specialists offer a program that has been designed especially for patients undergoing joint/spine replacement surgery.

The medical center's prep class, Total Joint/Spine 101, covers a range of topics, including surgery preparation, specialized equipment needed after surgery, pain management techniques, post-discharge needs and more.

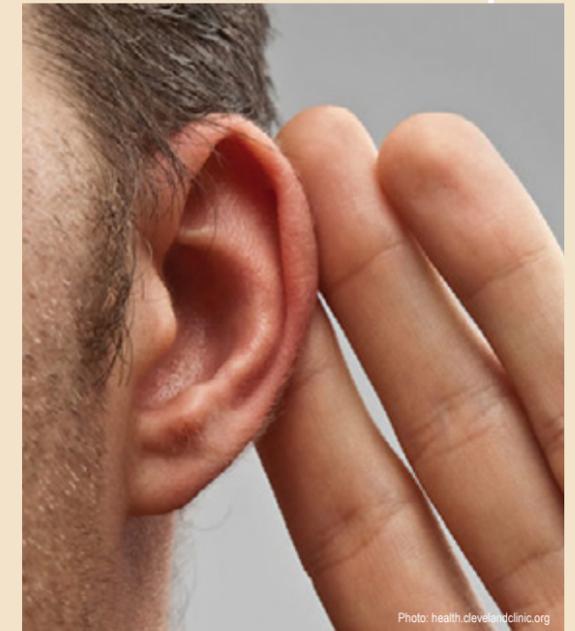
The class is offered at Baylor Scott & White Orthopedic & Spine Hospital-Arlington, located at 707 Highlander Blvd.

[bswarlington.com](http://bswarlington.com)

## This guide will help you best address hearing loss

**D**r. Melissa Danchak and her team at Kos/Danchak Audiology & Hearing Aids believe that providing their patients with the most up-to-date information about hearing, hearing care and hearing instruments is an important part of patient care and a valuable service to the community.

To that end, Kos/Danchak offers a free "Guide to Hearing Health & Hearing Loss." The booklet covers a variety of topics that patients and prospective patients can study to help them determine whether their hearing situation might require further care, including the types of hearing loss and the various treatment options to address the problem. You can obtain a free copy of the guide at [northtxhearing.com](http://northtxhearing.com).



## If you have allergy issues, these doctors have solutions

**F**or many North Texas residents, managing allergy symptoms is a year-round battle. At Central Park ENT, with locations in Arlington, Mansfield and three other Metroplex sites, allergy services are offered to give patients the benefit of treating the root cause of their ear, sinus, throat or breathing problems, not just symptoms.

Testing children for allergies can start as early as six months with the use of intradermal dilution test and prick tests. Central Park ENT specialists make it a priority to diagnose the allergy situation accurately and then to offer effective solutions, including shots and drops, that improve patients' lives.

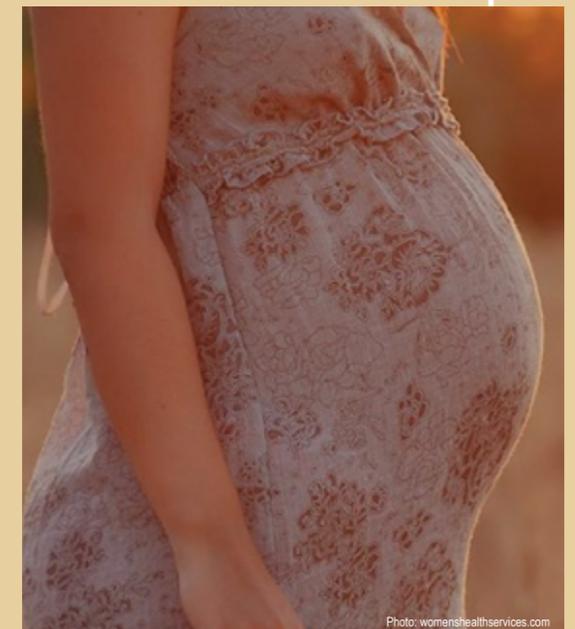
[centralparkent.net](http://centralparkent.net)

## Female OB/GYN specialists taking care of female patients

**W**omen's Health Services is an all-female OB/GYN practice that delivers compassionate, comprehensive care to women throughout the area.

With two convenient locations in Arlington, the team offers a wide array of innovative treatments, therapies, and in-office procedures. Led by practice founder Dr. Joan Bergstrom, WHS offers a state-of-the-art facility and has recruited a top-rated staff. At Women's Health Services, patients are thrilled to find so many services under one roof, from preconception counseling, pregnancy care, and birth control to LEEP procedures, colposcopy procedures, in-office hysteroscopy, ablations, and hormonal consultations.

[womenshealthservices.com](http://womenshealthservices.com)



# Healthy Living

## Your source for healthy nutritional solutions

**A**s a Nutritional Consultant and Holistic Health Practitioner, Cami Grasher, owner of Healthy Concepts, helps clients find ideal nutritional solutions for a plethora of everyday concerns, including weight loss, hormonal issues, menopause, detox, adrenal fatigue, autoimmune disorders, and more.

"Nutritional and natural health gets to the root cause of any health concerns or issues by addressing general health foundations, primarily nutrition, and by supporting the organ and body systems," Grasher says. "This support enables the body to heal from any roadblocks naturally and to restore the body to an optimal level of health."

[yourhealthyconcepts.com](http://yourhealthyconcepts.com)



Photo: Healthy Concepts

## Groundbreaking procedure can help prevent strokes

**M**ethodist Mansfield Medical Center offers a new minimally invasive surgical procedure called Transcarotid Artery Revascularization (TCAR) to treat high-risk patients with carotid artery disease.

Chris Henry, M.D., vascular surgeon at Methodist Mansfield, and the operating staff successfully completed the first TCAR procedure in Southeast Tarrant County in January.

TCAR is clinically proven to be a safe procedure that temporarily reverses blood flow during the procedure so that any fragments of plaque that may break off are diverted away from the brain, preventing a stroke from happening.

[methodisthealthsystem.org/methodist-mansfield-medical-center](http://methodisthealthsystem.org/methodist-mansfield-medical-center)

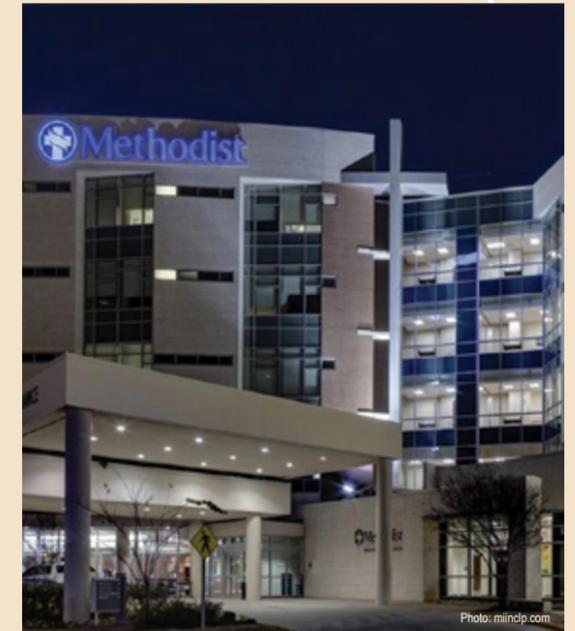


Photo: mindp.com

## Because your child's smile is always a source of joy

**F**unDentist Pediatric & Adolescent Dentistry has a reputation for offering comprehensive pediatric dental care in a friendly, inviting, and professional environment. When you visit this practice, you're not just another smile - you're family!

Drs. James E. Hyde, Charles W. Miller, Ed Watts and Philip M. Bailey provide a variety of dental treatments that are comfortable, safe, and effective. The practice is equipped with the latest dental technology, so the FunDentist team can provide complete care for your little one's smile.

The entire dental team is dedicated to your child's health and helping maintain his or her beautiful smile for many years to come. [fundentist.com](http://fundentist.com)



Photo: fundentist.com

## Be proactive when it comes to pesky outdoor plants

**W**ith the summer season also comes the increased risk of encountering pesky plants that can cause harm upon contact, like poison ivy and poison oak.

Arlington Parks and Recreation says that if you are going where you suspect you may encounter poison ivy or poison oak, you should wear long pants or high socks to protect legs from exposure. If your arms could also be exposed, a lightweight long-sleeve shirt is recommended. Be sure to wash clothes that may have touched poisonous plants as soon as possible. Ivy Block lotion can be applied to the skin to provide some protection, but it's still best to avoid direct contact altogether.

[arlingtontx.gov/city\\_hall/departments/parks\\_recreation](http://arlingtontx.gov/city_hall/departments/parks_recreation)

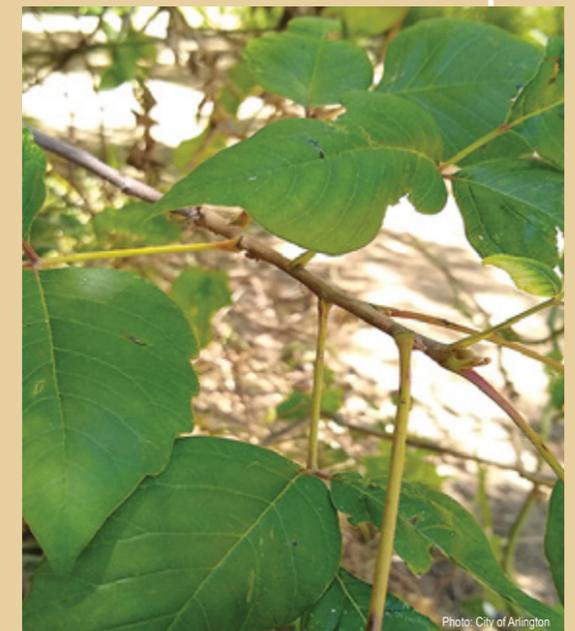


Photo: City of Arlington

# Healthy Living



## Texas Health fitness centers can help you get/stay fit

**T**exas Health fitness centers offer a healthy approach to wellness and exercise in a comfortable, relaxed setting. Whatever your fitness goals – from losing weight to gaining strength, from endurance building to recreation – Texas Health can help.

Texas Health Fitness Center Arlington Memorial offers a variety of group exercise classes for people of all ages and skill levels. Classes are free to members.

Classes include instruction in Chair Yoga, Lifestyle Conditioning, Strength, TBC-Total Body Conditioning, Yoga, Zumba and Zumba Gold.

All classes are included in memberships and are ongoing, so you can join at any time.

[texashealth.org/Health-and-Wellness/Fitness/Arlington](https://texashealth.org/Health-and-Wellness/Fitness/Arlington)

Photo: Texas Health Resources

## Let Pilates help you enhance your overall well being

**T**he Pilates Effect is a fully equipped Pilates Studio dedicated to the overall well being of its clients. It is located in the heart of Arlington, minutes from downtown at the Shoppes at Brownstone Village (2410 W. Abram, Suite 112).

The goal at The Pilates Effect is to increase clients' quality of life and to develop all muscles, transforming their body to the fullest, achieving personal fitness goals and improving your everyday physical lifestyle.

Using the Pilates principles, over time you will create stronger, leaner muscles, improving posture, increasing core strength, mobility and stability, thus creating benefits you will see in your everyday life.

[thepilateseffect.com](https://thepilateseffect.com)

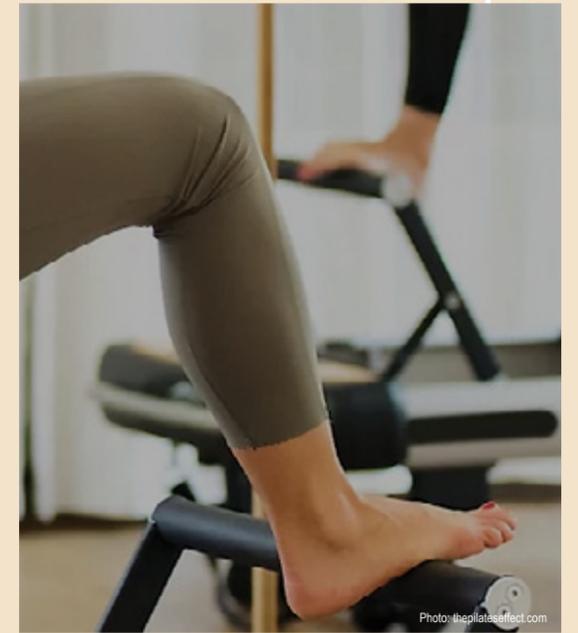


Photo: thepilateseffect.com



## A team dedicated to helping you obtain/maintain health

**A**re you suffering from pain? Is a chronic disease or illness taking a toll on your life? Are you wrestling with weight issues? Dr. Kenyon Godwin and his team of holistic health specialists at Curis Functional Health have one ultimate goal: to make sure you get results.

"At Curis Functional Health, we often see people with headaches, neck pain, herniated discs, sciatica or prenatal and pediatric concerns," Dr. Godwin says. "We treat 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. We help the whole family."

[gocuris.com/providers/kenyon-godwin](https://gocuris.com/providers/kenyon-godwin)

Photo: GBSN

## Skin and body care that makes a big difference

**G**reat Skin Spa & Facial Club owner Brenda Cureton Hunt developed Great Skin Spa & Facial Club in Arlington more than a decade ago, and the company has continued to grow and gain acclaim as an exceptional day spa and skin care provider.

Great Skin specializes in dozens of ever-evolving skin treatment protocols and instant slimming and body contouring procedures for women, men and teens hoping to improve the way they look and feel.

Through its Facial Club, Cureton Hunt and her team make it affordable for clients to care for their skin in the spa and at home.

[greatskin4you.com](https://greatskin4you.com)



Photo: greatskin4you.com

# Healthy Living



## This fine spa will leave you saying, “Ahhhhhh”

**J**ust across the street from The Sanford House Inn lies the award-winning, full-service, 2,600-square-foot spa and salon, offering an extensive menu of services for both men and women.

The spa has seven treatment rooms for massages, facials, body wraps, microdermabrasion, waxing, and hand and foot treatments, while the salon has six styling stations, two pedicure thrones, and two manicure stations. All services are performed by certified technicians. A 360-square-foot resting room is beautifully appointed with an Italian tile waterfall and an artistically rendered blue skylight for a relaxing lunch or a casual meeting for up to 18 people.

[thesanfordhouse.com/spa](http://thesanfordhouse.com/spa)

Photo: thesanfordhouse.com

## The art of making and sharing even more art

**P**retty much everyone would agree that art can soothe the soul. Fortunately for folks in the Arlington area, they can find soul-soothing aplenty at Show Me the Monet Gallery of Fine Art, located at Gracie Lane in south Arlington.

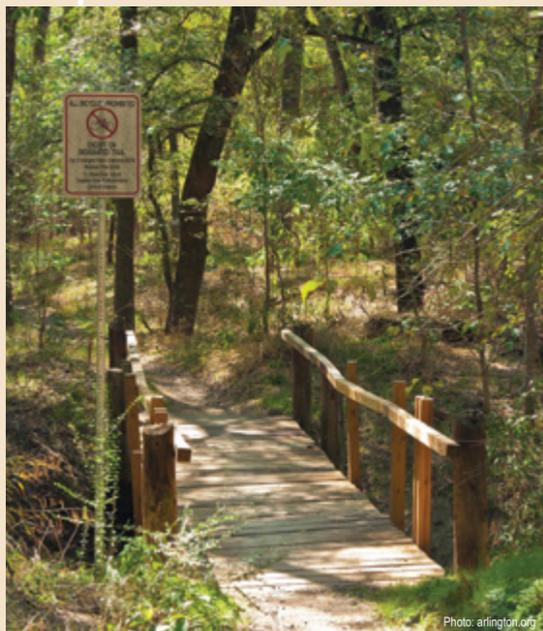
Owner Pepper Crary calls her gallery “a place for local artists to show/sell their work, to host workshops and to hang out together and share our ideas.”

Of course, for Crary, it is even more than that: “It’s a gallery filled with everything I love, most importantly the people that come through the Gallery. It brightens my day when my customers share their decorating ideas and seek ideas for their homes.”

[facebook.com/ShowMeTheMonetArlington](https://facebook.com/ShowMeTheMonetArlington)



Photo courtesy of Show Me the Monet



## Take a hike ... or a nature stroll ... or a bike ride ...

**R**iver Legacy Park is a 1,300-acre urban oasis following the curves of the Trinity River in north Arlington. The park’s ecological diversity of bottomland forest, wetlands and prairie provides abundant habitat for countless birds, fish, mammals and native plants.

River Legacy is a public City of Arlington park and is maintained and operated by the City of Arlington Parks and Recreation Department. River Legacy Foundation works closely with the Parks Department to support the park’s amenities and preservation efforts. The former includes eight miles of paved hike and bike trails and a 10-mile mountain bike trail.

[riverlegacy.org](http://riverlegacy.org)

Photo: arlington.org

## Arlington Walk to End Alzheimer’s is set for Oct. 1

**T**he Alzheimer’s Association Walk to End Alzheimer’s® will take place in Arlington on Oct. 1, starting at Texas Live!.

Held annually in more than 600 communities nationwide, the Walk to End Alzheimer’s is the world’s largest fundraiser for Alzheimer’s care, support and research. While there is no fee to register for Walk, all participants are encouraged to raise critical funds that allow the Alzheimer’s Association to provide 24/7 care and support and advance research toward methods of prevention, treatment and, ultimately, a cure.

Participants register as a Team Captain, team member or individual, learn how to raise funds online, then participate in Walk. [alz.org/walk](http://alz.org/walk)



Photo: Alzheimer's Association