

Address your heartburn issues

Methodist Mansfield Medical Center features a Heartburn Treatment Center that offers a variety of services to treat virtually every symptom you might have. Services include:

- State-of-the art technologies to

test the function of the esophagus, measure acid levels and evaluate for pre-cancerous conditions.

- Personalized treatment programs.
- Single point of contact with a specially trained Nurse Coordinator who oversees scheduling and

completion of your evaluation and treatment.

- An array of medical and surgical treatments that can be selected based on each patient's specific condition.

tinyurl.com/mr2m92hd

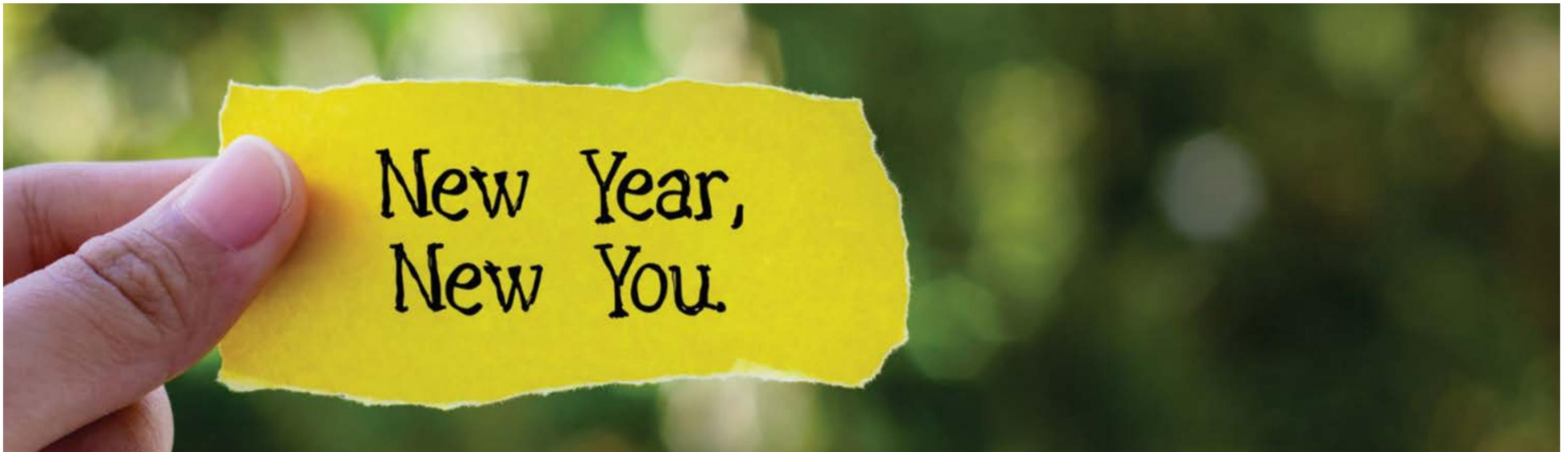
Stop sneezing and sniffing – NOW!

For many North Texas residents, managing allergy symptoms is a year-round battle. Central Park ENT's Arlington office, located at 409 Central Park, offers allergy services that give patients the benefit of treating the root cause.

Testing is done for quantitative as well as qualitative information about inhalant sensitivities. This allows a patient's starting allergy shots to be mixed at the strongest dose possible for each antigen without compromising safety. Central Park

ENT also treats non-IgE mediated food sensitivities. Intolerance to commonly ingested foods can cause a broad range of vague symptoms and offers plans for rotation diets to help stifle allergy issues.

centralparkent.net



Treat your skin at the spa – and at home

The best results for skin care and body treatments are obtained from continuous and regularly scheduled, professional treatments, coupled with an effective, customized home care system to use in between your

professional treatments. Through Great Skin's Facial Club, clients find an affordable solution 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 that provides the spa's clients outstanding results and a budget-friendly investment level.

greatskin4you.com

Become a more active adult (the fun way)

EngAGE Arlington is a group of adults who come together for lively activities ranging from wine tours to hiking, breakfast to pickleball.

The group takes trips to explore the Metroplex and members meet

up around town. Think of it as events and adventures for more active adults. Couples, singles and anyone who is looking for an extra boost of fun is welcome. EngAGE is hosted out of Eunice Activity Center (1000 Eunice St).

This group meets on Tuesdays at 8:15 a.m. for breakfast once a month at Skillet N Grill (1801 W. Division St.).

For more: Email Susie.Traylor@arlingtontx.gov, or Belinda.Reed@arlingtontx.gov.

This year I will eat in a healthy manner

It is almost a given that most of us will resolve to eat better in the year - especially after likely not eating all that well during the holidays.

One of the great first steps you can take to that end is checking in

with the team at Healthy Concepts, which provides wellness education, tools and resources you'll need to feel happy, healthy, and capable of achieving optimum health.

Owner Cami Grasher can help find solutions for weight loss,

hormones, gut health, PMS/PCOS, inflammation, thyroid health, menopause, migraines, insomnia and more. Since you already have the resolution in place, now is a good time to add the solution, too.

yourhealthyconcepts.com

Women, take care of yourselves

From preconception counseling, pregnancy care, and birth control to LEEP procedures, colposcopy procedures, in-office hysteroscopy, ablations, and hormonal consultations, Women's Health Services has the skills,

facility, and resources to suit every patient's unique needs.

The medical team led by practice founder Dr. Joan Bergstrom has more than 50 years of combined experience, ensuring the physicians and staff

always deliver exceptional care to their patients. The team is highly regarded in the Arlington community, which has helped them connect with their patients on a personal level.

womenshealthservices.com



Make this the year to schedule those photos

Over the past four and a half decades, Southern Flair Photography has delighted well over 3,800 brides and grooms with contemporary and classic wedding photography, plus it has thrilled countless clients with portraits

of families, children, high school seniors, bridals, executive portrait head shots, and more.

Dwayne and Heather Lee have photographed weddings all over Texas and the Southwest, as well as in Normandy, France; Rome, Italy;

Venice, Italy; San Juan, Puerto Rico; Cancun and Cozumel, Mexico.

As one of the area's premier studios, Southern Flair's primary focus is portraits of children, high school seniors, and families.

sflair.com

It's time to get in shape (for real)

If you are looking to strengthen, lengthen and tone your muscles beginning with the new year, there are few means more effective - and satisfying - than Pilates.

And there are few places that parlay the work into results better

than The Pilates Effect. There you will be able to work muscles you've never felt before to achieve a new level of fitness, combined with stretching to achieve their length, all in a safe and low impact environment. The Pilates Effect's

staff, led by owner Cami Grasher, has more than five decades of collective experience, meaning you will get expert training from experienced teachers who will personally craft your fitness regimen.

thepilateseffect.com