

Happy New Year!

All of us here at Waters Family Wellness are looking forward to another year with our amazing patients helping them achieve their wellness goals.

Saturday Hours

Dr. Waters is available one Saturday each month to see patients. Our Massage Therapist, [Rosemary](#), is also available on these dates. Visits are by appointment only and fill up quick! Please contact the front desk to schedule or utilize our [scheduling app](#).

January 8th

February 12th

Breastfeeding & Postpartum Support Groups

Wrap Around Baby's free breastfeeding support group is run by an IBCLC (International Board Certified Lactation Consultant) and nurse. This is a safe space to practice breastfeeding, receive latching and breastfeeding tips and advice, and connect with other breastfeeding parents. This group also offers the ability to complete weighted feeds and track your baby's weight if this is a concern. Our breastfeeding support group will be from 11:15am-12:15pm on Fridays at Waters Family Wellness.

Wrap Around Baby's postpartum support group is open to all members of the community. We welcome anyone who has given birth in the last year to attend and join us in discussions of the ups and downs of postpartum life. Our support group will run from 10-11am on Fridays at Waters Family Wellness.

Please visit <https://www.wraparoundbabycare.com/> to register for these support groups.

Wellness Calendar

The holidays are over! It's time to set some new wellness goals for 2022. Use this [link](#) to download a wellness calendar for January. A healthy lifestyle is made up of a collection of daily decisions. Small changes spread out over a week, month, or year adds up to a healthy, happy you!

Community Outreach

Thank you all for the generous contributions to our food drive and toy drive during the holiday season. It is because of you that we were able to bless so many families this year.

New Year, New Resolutions Goals?

The statistics on failed New Year's resolutions are pretty interesting. It's said that somewhere around 80% of resolutions fail. Reasons given include setting unrealistic goals, setting too many resolutions, not tracking progress and actually forgetting about the resolutions set.

Goal setting can be highly effective in creating change. But in order for goals to be successful, they have to be **SMART**:

Specific – Define exactly what your goal is and what specific steps need to be taken to achieve the goal. Think: narrow, narrow, narrow.

Measurable – A SMART goal will have a trackable change mechanism. You want to be able to show you are making progress and then reevaluate at pre-defined intervals. Consider using an app to measure your success.

Attainable – You want to be sure you can reasonably accomplish your goal within a realistic time frame that you identify while creating the goal.

Realistic – Ask yourself if you can commit to the goal. Is it reachable given your resources? Does it align with your beliefs and is it realistically within reach?

Time-Based – Open ended goals are more like ideas or plans. Stay on track with a realistic end date to achieve success.

Forget about those New Year's Eve resolutions! Turn them into SMART goals for the best outcome. And remember, we are always here to help you achieve your wellness goals.

Scheduling App

Please use this [link](#) to download and use our Scheduling App. It is available 24/7 and is easy and convenient to use.

Wishing you a Happy New Year filled with peace, love, joy & blessings.

Dr. Waters, Kyrsten, Bonnie & Kayleigh