

THRIVING

*celebrating
our moms*

RESTORE + REVIVE + OPTIMIZE

THRIVE
PROACTIVEHEALTH

- 2 Thrive Talks
- 3 Massage Therapy
- 4 Restorative Fitness
- 5 Charity Workout May 21
- 6 Energy Healing
- 7 Client Love
- 8 Acupuncture
- 10 Lifestyle Medicine Monthly Challenge
- 12 Lifestyle Medicine
- 14 Breathing Therapy + Postural Restoration
- 16 Nutrition & Health Coaching
- 18 Team Thrive

May 12 **Men's Health**

Dante Leone DPT, OCS, DipACLM, CSCS • Physical Therapy Clinical Director

Though men and women have many of the same health conditions, there are unique diseases and disorders specific to men. Often, these are seen as taboo and not to be talked about in public. Men can be left to feel isolated, with little support to connect with others to talk about their common health issues, and usually just given medications to take for the rest of their lives. Well, it doesn't have to be that way. **There are lifestyle choices you can start making today to help you live healthier and happier, become more resilient, and rise to the occasion.** It's time to take back your health and enjoy all of life's pleasures.

May 19 **Aromatherapy**

Danielle Lambert CMT • Director Of Massage Therapy

While the use of essential oils have been around for hundreds of years, most of us do not have an understanding of how they work or how to use them. **In this Thrive Talk, we will break down the pathways essential oils go through to affect change in our bodies, show you how aromatherapy can impact your Lifestyle Medical journey, and help you choose the right blend.** Starting with blending basics, everyone will make an Epsom salt together with an essential oil blend formulated specifically for you.

May 26 **Manage Stress with Chinese Medicine**

Vivian Takafuji Ph.D., L.Ac., Dipl. OM • Acupuncturist

Prolonged stress can manifest in a number of health-related problems. Stress management is an important pillar of Lifestyle Medicine. Ideally, we need to find more practical ways to dispel stress in our daily lives before they become internalized over time. **This talk will explain how understanding the theories of Traditional Chinese Medicine can help to reframe how we manage stress.** Interactive qigong ("chee-gong") sequences will be introduced and practiced in a group setting to move stuck energies in the body and relieve stress.



Mom on Board: The Need for Self Care

Danielle Lambert • CMT • Director Of Massage Therapy

It's May and you know what that means... It's the month of Mom! Happy Mother's Month to all of you hard-working ladies out there doing a fabulous job on your motherhood journey.

All mothers know that every stage of pregnancy and motherhood is special and important in its own way. However, there seems to be a trend in our society of discounting the importance of postpartum care.

When you went through pregnancy, I'm sure you had many people asking if you were doing well. We feel empathy for the mother whose body has to work harder while the baby grows. Unfortunately, once Baby is born, all eyes tend to turn to that sweet bundle of joy, and Mom can feel brushed under the rug after her body has been through one of the biggest changes a body can make.

With all of the heart-stopping love for that little one comes more stress and less sleep. **It is during this time that moms need self-care the most.** Depending on your labor and postpartum doctors' orders, massage can help shortly after your delivery.

Postpartum massage has been shown to have several therapeutic benefits...

Yes, it **can help with pain relief**, for sure. It **can also help to improve the quality of sleep**, which we all know is important and limited at this stage. A 2012 study showed that regular massage helped improve sleep in mothers of newborns.

And that fatigue you feel? That's more than just a lack of sleep — it's due to a hormone imbalance. That, coupled with sleep deprivation, can affect how you manage stress. Massage has been proven to help with this as well.

So, who's up for a massage?

If you are a new mom, or know one, remember and encourage grace while you find the new normal. And please remember that **self-care is healthcare** in the middle of the beautiful mess that will always be motherhood. Keep taking care of you, Mom!



KEMPSVILLE LOCATION

COUPLES MASSAGE

NOW AVAILABLE

Restore & Revive Together

\$10 OFF EACH MASSAGE

PROMO CODE COUPLES10 • EXPIRES MAY 31

A photograph of a man and a woman lying on their stomachs on a massage table, receiving a couples massage. The woman is in the foreground, looking relaxed with her eyes closed.

BOOK TODAY! (757) 829.7174 • ThriveVB.com
1320 KEMPSVILLE ROAD, VA BEACH

Build the Brakes, Not the Engine

Matt Campbell • Program Director Restorative Fitness



This month in Restorative Fitness, our Small Group Training Classes have been working on deceleration exercises.

Whether it be a level change where we have to quickly find orientation and grounding, explosive ladder drills, or a dynamic depth-drop off of a plyo box, the body has to learn how to manage force, slow movement and control position in a very short amount of time.

Often in exercise we focus on the result of an exercise: how far, how much, how fast. Don't get me wrong, measuring quantifiables is a tenet of a progressive and goals-based resistance-training program.

However, we seldom spend enough time, if any, training the body how to decelerate, control and land as a component of performance.

After all, athletes don't usually get injured from jumping too high; they get hurt coming down "wrong." They land awkwardly or with too much impact and without the ability to properly reduce the speed of their momentum.

This is important for all of us— not just athletes. It's often the unexpected loss of balance that could be the difference between a stumble in which you catch yourself and a fall that could have serious consequences.

You have to be able to master the landing before the jump. Master the landing is about controlling the load and declaration. When we learn how to "load to explode" we are learning how to more effectively transform energy into movement. No matter how powerful the motor, if you don't have control over where you are going, it's irrelevant. It's not hard to move, it's harder to have control over movement.

In understanding how the body develops strength, power, and performance there is value in training to "build the brakes, not the engine."

As we explore women's health and self care this month, our Women's Health program looks deeper at assessment and training of core muscles in women. *And, like other muscles, there is a proper way to train them and prepare the body for bigger movements and exercise.*

Which brings me back to training "the brakes." Oftentimes we live with an assumption of limitation, but many times it is just about how we're training.

Not only can more dynamic, more challenging, and higher-level movements be possible again, they may well be the means to that end.

So, are you building the engine and training the brakes?

THRIVE CHARITY WORKOUT

please join us in support of



**Children's Hospital
of The King's Daughters**

Help, Healing and Hope for All Children



SATURDAY, MAY 21

3 CLASSES 8am • 9:15am • 10:30 am

\$25 WORKOUT DONATION

100% of proceeds go to CHKD. REGISTER ThriveVB.com/contact or (757) 829.7174

Magnificent Mom, Magnificent You

Jen Fedorowicz • E-RYT, Energy Codes B.E.S.T. Certified Practitioner, Reiki Master • Energy Medicine and Emotional Healing



As a mom of two sons, now 19 and 28 years old, Mother's Day is important to me.

I often joke with my family that Mother's Day is certainly the most important holiday. If you are a mother, you most likely put your family and your children first, selflessly

giving and loving those that

call you "Mom." And you're

probably hoping to feel even a fraction

of that love coming back to you.

I am going to suggest that this month, you start putting the love for yourself first.

I think we all feel that the world certainly needs more love right now, and the best way to begin generating more love is to first truly love yourself.

It is only human to want to feel love and appreciation from others, but **the law of attraction has proven that we attract the energy that matches our own.** If we wish we had more love, we will remain in the energy of lack. When we learn to accept and love ourselves wholly and completely, we generate more love from those around us.

I would even be bold enough to say that loving yourself and putting yourself first is actually the most selfless action you could adopt. It sets the example for your loved ones that loving oneself is including who you are in the victory of life.

When was the last time you stood in front of a mirror and looked deep into your own eyes and said, "I love you"? I encourage you to make this part of your morning routine. The more you love the magnificent being that you are, the more love you will feel in all areas of your life.





Client Love

WE LOVE TO HEAR FROM OUR THRIVERS

“ **One of, if not the best, physical therapy places I’ve been to.** Staff are super friendly and knowledgeable. Customer service is off the charts! They are patient and extremely helpful when providing therapy. If you have a choice, I recommend you choose here. You will not be disappointed! + CHUCK D.

“ **Vivian is awesome. After each acupuncture session I feel really rejuvenated.** Also, the herbal blends she recommended have greatly improved the issues I’ve been dealing with. + BENETTA T.

“ I had heard about Thrive from my stepdaughter. I have some serious injuries and want to start early to get back on track. Julie was amazing, as was Brian. **They were very welcoming and helped me establish a plan of care.** Not your everyday PT establishment. Thank you. + CAROLYN

“ **I had a great first visit experience.** Vivian was easy to talk to, very informative and I see results already. + KATHERINE B.

“ **Excellent location. Amazing staff who provide great results.** + DIANE D.

“ **Matt is very attentive to everyone’s posture and movement.** He is constantly evaluating and adjusting exercises to meet individual needs or limitations. + MICHELLE K.

Thank you for allowing us to be a part of your healing, health and wellness journey!

If you enjoyed the content in this magazine or loved your service from Thrive Proactive Health, we’d love to hear from you:

ThriveVB.revue.us

Holistic Postpartum Care with Acupuncture

Vivian Takafuji • Ph.D., L.Ac., Dipl. OM • Acupuncturist



Becoming a mother is both exciting and exhausting. As a new life is welcomed into the world, this time may be filled with all kinds of new stressors: adjusting to sleepless nights, uncertainty about care, the weight of this new responsibility, and more.

In addition, time and energy devoted to care of the newborn is most likely being juggled with work and other family or social responsibilities. With all of this, it is understandable to see how self-care for the mother can quickly fall to the wayside.

Compounding these new stressors, there has been a tremendous amount of physical and energetic transference between the mother and child during pregnancy and while nursing. We must consider the loss of blood and impact on the mother's Qi (in Traditional Chinese Medicine, Qi is the vital energy that circulates through the body at all times).

This is why focusing on the mother's health is of paramount importance, especially after a pregnancy.

Regardless of how smoothly a pregnancy and birth has been, a recovery period for the mother is always recommended. Enter acupuncture...

Acupuncture can be immensely helpful to support the wellbeing of the new mother by improving circulation of blood through the pelvis, helping heal a Cesarean incision and minimize scar tissue.

Acupuncture can also help to **resolve energetic imbalances** that may manifest as sleep disturbance, digestive issues or mood disorders (e.g. anxiety, postpartum depression, etc.) — all things common to new mothers. After the nursing period, **Chinese herbs can help to replenish a deficiency of Qi and blood.**

This holistic approach to healthcare can be an invaluable resource for the overall wellness of a growing family. If you're a new mother, many congratulations!

And know we're here to help you thrive in your recovery period — and in life.

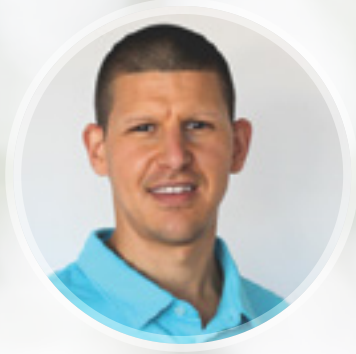
**Reduce Stress and
Heal Your Mind + Body**
ACUPUNCTURE AND CHINESE MEDICINE

\$99 SPECIAL for
FIRST SESSION
REGULARLY \$129 • EXPIRES MAY 31



Integrate Self Care Across Your Entire Self

Dante Leone • DPT, OCS, DipACLM, CSCS • Physical Therapy Clinical Director



Mom Life can be stressful. I know this because I am the father of two little boys, and I know the three of us put a lot on my wife. You moms do a lot for your families, and often that involves sacrificing self-care.

But it doesn't have to be that way, and for you to be at your best for your family, you need to prioritize some things for yourself.

Self-care incorporates the six pillars of Lifestyle Medicine: Nutrition, Movement/Exercise, Social Connection, Sleep, Positive Mindset and Stress

Resilience. See how our behaviors in each of these pillars impacts our health and well-being, and get strategies on how to live your best Mom Life!



NUTRITION

What we put into our bodies each day dramatically impacts our health and well-being.

Our bodies are complex machines that function best when we provide them with quality fuel.

Unfortunately, all too often in our modern world we are feeding our bodies convenient, processed junk food, with way too much salt, sugar, protein, and fat, and a lack of water, fiber, and other nutrients.

CHALLENGE YOURSELF

Every day, try to consume eight or more servings of whole foods: vegetables, fruits, legumes/beans, whole grains.

- A serving size is roughly the size of your fist.
- Foods should be consumed as close as possible to their natural form.
- Prepare and share a plant-based meal with family or friends.



EXERCISE

Research overwhelmingly shows that movement and exercise is beneficial for health.

It can make us happier and more emotionally resilient. Even a single bout of exercise for 10 minutes can improve mood. Regular movement has been shown to be as powerful as antidepressant medications and without any of the nasty side effects.

CHALLENGE YOURSELF

Be active moving your body in some way for at least 30 minutes each day. Take a walk, go for a bike ride, or do some resistance training, work in your yard — exposure to natural settings has been shown to be emotionally uplifting.



COMMUNITY

We are wired to connect with others through feelings. We truly are social beings, and need to be connected with others to be emotionally well. Research shows that positive relationships are key to our well-being, and are as important to living a long life as not smoking!

CHALLENGE YOURSELF

Do something intentional each day to show someone in your social network that you care for them. Give someone a genuine compliment, share a meal with someone, or have an authentic honest conversation with a friend.



SLEEP

For moms, getting adequate sleep can always feel like a challenge. Research even supports this: Parents of a new baby lose between 400 and 750 hours of sleep in the first year alone. But we need to prioritize sleep, considering we spend about a third of our lives sleeping. It does not take long for a lack of sleep to start to impact our health. This includes decreased response times, decreased performance, and increased moodiness. Chronic sleep dysfunction increases the risk of type 2 diabetes, cardiovascular disease, and premature death.

CHALLENGE YOURSELF

Avoid use of screens and electronics for at least one hour prior to bedtime. Try reading a book, taking a bath, meditating, or listening to calming music.



MINDSET

Your feelings follow your focus. When you're focused on the negative, you will feel negative. On the other hand, when we focus on the positives in our lives, we feel better. Your focus also follows your feelings, which can then lead to a feedback loop that can be positive or negative.

CHALLENGE YOURSELF

Write down three things that went well today and why they went well. Share these positive thoughts with a family member or friend.



STRESS RESILIENCE

Even though stress is an unavoidable part of Mom Life, how we think about it and how we respond to it makes the difference in how it impacts our self-care and health. The stress response is a cascade of physiological events that can lead to improved health and productivity, or to anxiety, depression, obesity, immune dysfunction, and poor health outcomes.

CHALLENGE YOURSELF

Get outside and get your body moving for at least 30 minutes each day, or take 10 minutes each day to sit in silence to meditate or be mindful.



LIFESTYLE MEDICINE MONTHLY CHALLENGE

Each month our Thrive team embarks on a challenge to improve our own health and wellness.
We invite you to join us on our collective wellness journey.

"Your mind is the garden, your thoughts are the seeds. The harvest can either be flowers or weeds." WILLIAM WORDSWORTH

Tend to the Garden of Your Mind

Our Lifestyle Medicine challenge this month is to use the first 30-to-60 minutes after waking to water, fertilize and weed your mind garden.

Practice being still and silent.

Quiet time is important for you to observe what's happening with your mind and learn to recognize a bad seed from a good one.

MORNINGS are a great time to prime subconscious patterns that can help us think more positively, heal more completely, and accomplish more throughout the day.

Is your typical morning hitting the snooze button multiple times, lethargically walking, mindlessly scrolling through social media, checking emails, and/or worrying about your day?

The purpose of this challenge is to minimize these kinds of morning habits and, rather, use our mornings to set ourselves up to thrive during the day.

Listen to how you talk to yourself and distinguish negative thought patterns like hopelessness, helplessness, overwhelming yourself, jumping to conclusions, self-labeling, undervaluing progress you've made, perfectionism, fear of failure, fear of success, fear of disapproval and criticism, coercion and resentment, low frustration tolerance, guilt or self-blame...

Quiet time may look like meditation, deep breathing exercises, diving into reflection with a spiritual devotional or journaling.

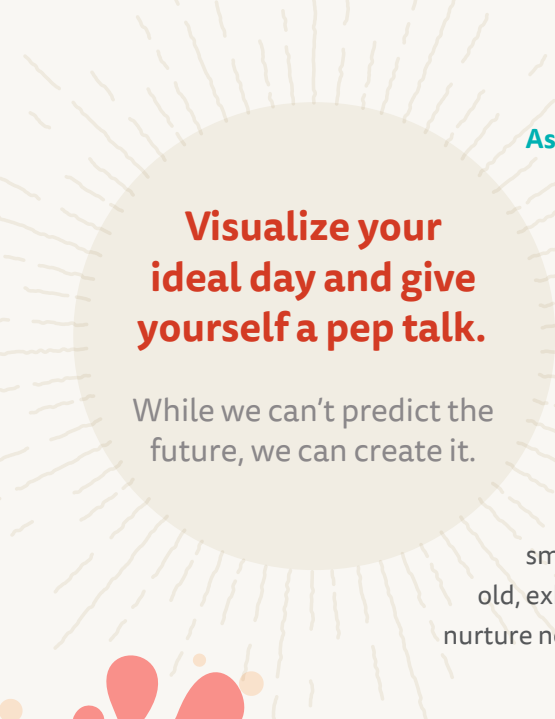
A key principle during quiet time is to not judge your thoughts and inner voice. Your inner voice is

constantly talking about everything and often repeats old thought patterns. If you can just raise your awareness to your inner voice, and stop assessing and judging your thoughts, you can open the door to possibilities.

Where attention goes, energy flows.

What we dwell upon will shape our lives. As you become more mindful and careful about what you are feeding your mind, you can shape your destiny.





Visualize your ideal day and give yourself a pep talk.

While we can't predict the future, we can create it.


Ask yourself if what you are doing today is getting you closer to where you want to be tomorrow.

Choose the kind of person you want to be today and think about how a successful day feels to you.

Identify how you will know, at the end of the day, if your day was successful.

It's okay to think about a situation that might trip you up today, and think about how your best self could deal with it.

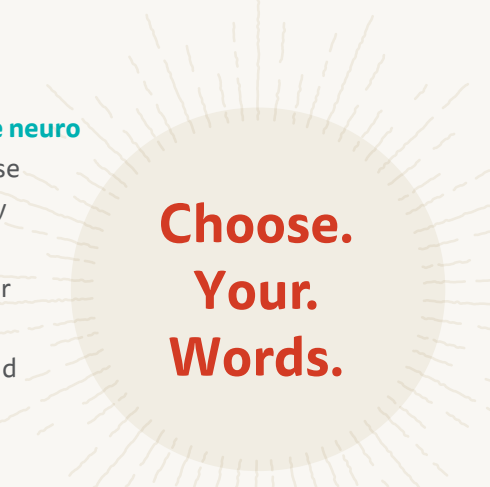
When gardening daily, you can more easily pull out weeds while they're still small and manageable. Think of deadheading and pruning a garden. Clear away old, exhausted thought patterns that aren't helping you create a thriving life and nurture new growth into blossoming.



The way we choose to use our words, can improve the neuro functioning of the brain. We have to continue to exercise the language centers of the brain to help us intentionally renew or reframe old or negative thought patterns. The language we speak around our circumstances shapes our daily behaviors. The right words, spoken in the right way can bring us hope, healing, inspiration, love, gratitude and motivation.

Recite declarative sentences, affirmations and incantations. Declare the outcome you are heading towards.

Visualize all that you want in your life. Your morning practice may include reciting positive affirmations, spiritual verses, declaring your vision for the day, goals you are working to achieve, and focusing on creating the person that can achieve those goals.



Choose. Your. Words.

I am open and receptive to all the healing and goodness that is available to me.

I choose to stop limiting myself with untrue beliefs.

I am getting better and better every day.

My body moves with ease and I am full of vitality.

I feel in perfect health.

I am resilient and getting stronger and stronger each day.

I am healing more and more each day.

We have to put effort into training our mental muscles just like we have to with our physical muscles. Mornings are a great time of day to work those muscles to set your day up for success.

The Benefits of Postural Restoration® for Pelvic Therapy

Julie Blandin • PT, ATC, CSCS, PRC, DipACLM • Posture and Movement Health Expert



For both men and women, pelvic dysfunction can be scary, unfamiliar and may seem easier to ignore than to address. Reading about pelvic pain diagnoses online can be overwhelming and the thought of surgery or internal manual work can be frightening. And often, it's unnecessary.

Pelvic dysfunction may present as:

- pelvic floor problems like bladder leakage (incontinence, urgency, pain)
- pain with sex or bowel movements
- chronic constipation
- prostatitis
- vulvodynia
- erectile dysfunction
- gastrointestinal post-op conditions and back pain
- sacro-iliac pain
- hip bursitis
- IT band syndrome
- or other musculoskeletal pain patterns around the lower back, hips and pelvis

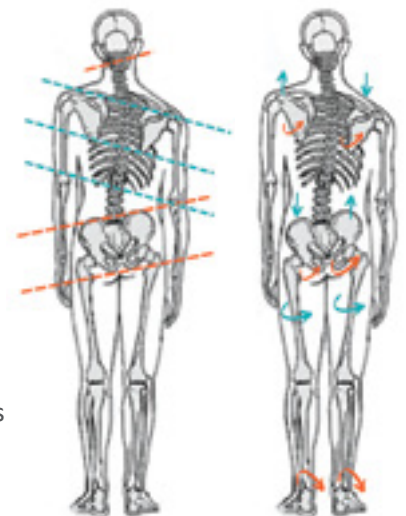
The science of Postural Restoration® takes a unique, whole-body approach to diagnosis and treatment.

Because your pelvis is designed to move and adjust relative to how you use your whole body throughout the day, we don't look at the pelvis as an isolated body part. Rather, we recognize it's just one part of your entire system — and we are built as a system of systems.

With Postural Restoration®, we perform a battery of biomechanical tests to try to understand how the movement of the pelvis is relating to other areas of the body, such as our breathing diaphragm, rib cage and spinal movements, as well as scapular and shoulder reaching and lifting movements.

Most of the time, the pain, tension and dysfunction are caused by a mechanical muscular problem that relates to a chain reaction of muscle actions and movement patterns that are out of sync and imbalanced.

The pelvis can become misaligned and out of sync with your arms and legs causing unwanted tension and poor control between the two sides of your body, which causes asymmetrical muscular support around your “core” and lower pelvic complex.



The pelvis is constantly adjusting its posture and position to balance out other postural parts around it. Oftentimes, there is an unleveling that exists between the right half and left half of the pelvic girdle that gets missed with traditional pelvic assessments.

Postural Restoration® takes our asymmetric bodies into account when assessing pelvic dysfunction. This allows us to create more personalized and effective treatment approaches.

We use our bodies asymmetrically throughout the day, in our jobs, our activities and sports. Therefore, how we treat one side of the pelvis should be different from how we treat the other. Additionally, the internal design of our organs and the shape, size and function of our diaphragms are not the same from side to side.

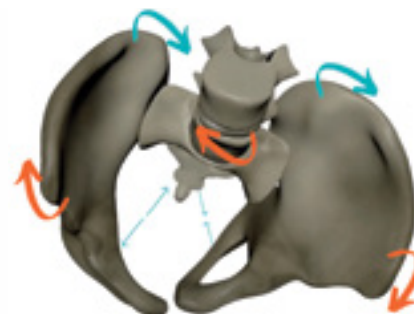
Start paying attention to how you may posture to one side more than the other during the day...

- Do you catch yourself always standing on one leg more than the other or lifting one leg to rest on something more than the other?
- Are you a new mom and always carry your baby on one hip more than the other?
- How about when you sit, do you often lean to one arm rest, cross one leg more than the other, sit on one foot or with one leg pulled up?
- How about with exercising and movement — when stretching or doing yoga, do you notice one hip is always tighter than the other?
- When working out and doing squats, do you notice one thigh turns out more than the other or doing split squats or lunges is easier on one side than the other?

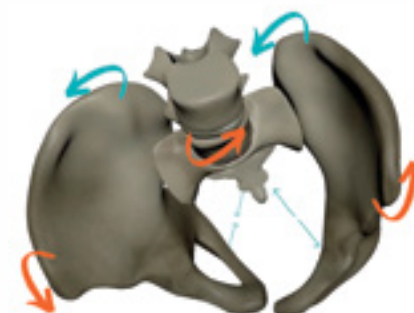
Our asymmetrical imbalances show up in patterns. When we honor and treat the patterns of imbalance we can see great improvements in our functional movements and reduction in pain.

It's important to learn and allow our pelvis to change its shape as it transitions side to side throughout the day. I often see people over bracing or unintentionally locking up necessary movements to unload forces, simply because no one has taught them how to allow their pelvis to move properly through the day.

If you think you have an asymmetrical imbalance between the two sides of your pelvic girdle, or you're picking up on postural asymmetries in other body parts, don't hesitate to call and schedule an evaluation. We'd love to help you!



Pelvic movements adjusting to stand on right leg



Pelvic movements adjusting to stand on left leg

Healthy Hacks for Busy Moms

Michelle Hilliard • Certified Nutritionist • Integrative Nutrition Health Coach



I am a working mother of a three- and a five-year old, my husband travels weekly, and my mother doesn't live in the same state as I do. So when I say, "I understand that you are busy," this is an understatement. I am living it and I can relate.

I commit to myself and my children, and invest in my health and wellbeing daily. I can tell you that some days it flows and other days it's a fight, but I know when I do this, I am at my best physically and mentally, helping me to give more to my family.

When I am coaching clients, I try to help them prioritize their health, and come up with better routines and hacks to reach their health and wellness goals. I want to share three of my favorite health hacks in order to help you start feeling and living your best life.

Health Hack #1 for Keeping Your Blood Sugar in Balance

Blood sugar imbalances provoke hormone imbalances, lack of satiety, more immediate hunger, lack of energy, cravings, moodiness, anxiety, sleep disturbances, imbalances in our skin, and inflammation in the body.

To help start your day off with a healthy blood sugar balance, try one of my favorite quick and easy breakfast go-tos...

Easy Veggie Omelet or Scramble

- 3-4 eggs
- 1 tbsp olive oil
- handful of fibrous vegetables such as onions, peppers, spinach, or mushrooms
- 1/2 avocado, sliced

In a skillet over medium heat, sauté selected vegetables in olive oil. Add eggs to make omelet style or scramble. Top with sliced avocado. Yum!



Health Hack #2 for Getting a Better Sleep

Sleep hygiene is so important for both physical and mental health, improving productivity and overall quality of life. We need to aim for 7 to 8 hours of quality — uninterrupted — sleep.

Five sleep hacks to help create a good routine:

Have a fixed wake up time. It doesn't matter if it is a work day or a weekend day, keep your body in rhythm by keeping your wake-up consistent.

Aim for a 30-minute window for bedtime each night. For example, if you wake up at 6 am, aim to be in bed between 9:45 and 10:15 pm each night.

Unplug from electronics at least 30 minutes prior to bedtime. This will help your brain to shut down and you to fall asleep easier.

The darker the room the better. Use heavy curtains or an eye mask to prevent light from interrupting your sleep.

Set your room temperature to the cooler side. Sleeping with cooler temps is said to help improve sleep quality and combat insomnia.

Health Hack #3 for Moving Your Body, Daily

This does not mean you need to do daily boot camps or strenuous workouts — I just want you to move. your. body. every. day. Motion creates “emotion,” and this will help us to upgrade our energy tank from empty to full, just by moving our body. My days are jam-packed, but I try my best to honor my body daily by moving it in some way.

Five ideas to get your body moving:

- **Wake up 30 minutes before your kids** and get in some yoga.
- **Make an after-dinner routine of taking yourself and your kiddos for a 20-minute walk** in the neighborhood.
- **Take a 20-pound dumbbell outside** in your driveway or backyard and do a 15-minute lower body tabata workout while your child plays.
- **Take a 30-minute walk around the soccer or baseball field** while you are watching your child's practice or game.
- **Crank up the music and dance** around the house.

Mommas, you can do this! Making small changes and taking small steps will get you on the path you want to be on. You don't need perfection, you just need to try to be better today than you were yesterday. Remember, your kids are watching you, so set a good example of self-love and self-care.

I hope this month of May brings you the joy and love you put out to everyone else. If you need help kick-starting a solid routine, please know there are nutritional and lifestyle health coaching services at Thrive to assist you.



TEAM THRIVE

Last month we gathered for a Team Thrive training day to allow our entire crew to come together, strengthen our collective knowledge and build upon our own thriving community. Collectively, we dove into the various facets of Lifestyle Medicine, sleep and pain neuroscience, and stress management techniques.

We worked on our own personal development as well as team building with some fun activities.

One of our team-building activities was to separate into two groups to develop storyboards illustrating how our services fit within the healthcare industry. *Storyboards are shown on the next page.*

Group One created a map with destination pathways to two islands. One can either travel to the “Island of Despair” or catch the “Power-of-Yet Current” to the “Isle of Thrive.” Once on the Isle of Thrive, one has easy access to the Lifestyle Medicine Barrier Islands.

Group Two created a story depicting growing up the thriving “Tree of Life” where our services help the tree grow with more durability, resilience, and proactive mindset.

It was fun to see how each group envisioned our ecosystem differently — both very creative and fun ways of articulating our purpose.

One thing we can all agree on is our passion and dedication in helping people thrive. Go, team!





RESTORE + REVIVE + OPTIMIZE

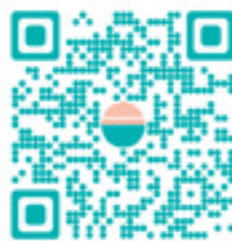
THRIVE
PROACTIVEHEALTH

We've made it
easier for you to
thrive!

Download the Thrive App
so you can more easily...

- Schedule and view appointments
- Earn rewards points
- Receive timely updates

**Earn \$10 off any
cash-based
service** when
you book your
appointment
through the app.



OUR LOCATIONS

MARKET SQUARE

2830 Virginia Beach Blvd.
Virginia Beach, VA 23452

757.829.7174 • FAX 757.416.7777

9:00am - 7:00pm
9:00am - 7:00pm
9:00am - 7:00pm
9:00am - 7:00pm
9:00am - 4:30pm
every other 9:00am - 2:00pm
CLOSED

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY

KEMPS RIVER

1320 Kempsville Rd.
Virginia Beach, VA 23464

757.829.7174 • FAX 757-416-7777

10:30am - 7:00pm
CLOSED
9:00am - 4:00pm
CLOSED
9:00am - 4:00pm
CLOSED
CLOSED