REVIVE WELL

HEALTH | LIFE | COMMUNITY

OCTOBER 2026 | ISSUE NO. 1

A PUBLICATION BY REVIVE HEALTH OASIS

Your Fall Reset

Simple, realistic ways to feel stronger, healthier and more like you.

Real People. Real Care.

A HEALTHIER TOMORROW TOGETHER.

WHAT DOES YOUR HEALTHCARE ACTUALLY COST?
A smarter way to compare plans for 2027.

DIRECT PRIMARY CARE
A different kind of care that puts you first.

BREAST HEALTH ALL MONTH LONG
Awareness today. A brighter tomorrow.

NOURISH YOUR SEASON
Real food. Real benefits. Real life.

MOVE • REST • CONNECT
Small steps. Big difference.



REVIVE HEALTH OASIS

Healthier People. Brighter Tomorrows. A Stronger Oak Ridge.

Welcome to REVIVE WELL

HEALTH | LIFE | COMMUNITY



Hello friend,

Welcome to the very first issue of *Revive Well* — a publication created to inform, inspire and support you on your journey to a healthier, stronger, more vibrant life.

At Revive Health Oasis, we believe good health is about more than the absence of illness. It's about having the energy to do what you love, the support to navigate life's changes, and a community that reminds you you're not alone.

Inside these pages, you'll find practical tips, trusted information, seasonal inspiration and a glimpse into the many ways we're working together to build a healthier Oak Ridge. Whether you're here for the recipes, the resources, or simply a few minutes of calm in your day, our hope is that you leave feeling more informed, more encouraged and a little more revived.

Thank you for being part of this journey. We're so glad you're here.

With gratitude,

Kim

Founder
Revive Health Oasis

"A healthier you creates brighter tomorrows for everything you love." ♡

OUR MISSION

To empower individuals and strengthen our community through personalized care, trusted guidance and supportive connections — helping you live a healthier, more vibrant life.

OUR VALUES

PEOPLE FIRST
You are more than a number.

HOLISTIC CARE
Whole-person health matters.

STRONGER TOGETHER
Community creates change.

BRIGHTER TOMORROWS
Small steps today make a big difference.

What's Inside

HEALTH | LIFE | COMMUNITY

Practical ideas, real inspiration for a healthier, brighter tomorrow.

4–5 **Your Fall Reset**
Simple, realistic ways to feel stronger, healthier and more like you.



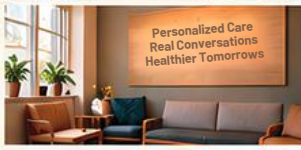
6–7 **A Revive Well Favorite**
The Roasted Harvest Bowl. Real food. Real benefits. Real life.



8–9 **What Does Your Healthcare Actually Cost?**
Look beyond the premium. A practical guide for 2027.



10 **Direct Primary Care**
A different kind of care that puts you first.



11 **Breast Health**
Know your normal. Know your risk.



12 **Move**
Small steps. Big difference.



13 **Rest**
Better sleep for brighter days.



14 **Your October Health Check-In**
A simple checklist to keep you on track.



15 **Around the Oasis**
Real people. Real stories. A stronger Oak Ridge.



16 **Halloween, Without the Scaries**
Tips for families, safe fun and healthier treats.



17 **One Positive Step**
Inspiration and actionable ideas for brighter tomorrows.



18 **Healthy Through the Holidays**
Food safety, simple strategies and a preview of what's ahead.



19 **A Final Thought**
A note to carry with you.



20 **Back Cover**
Thank you for being part of our story.



REVIVE HEALTH OASIS

PEOPLE.
CARE.
COMMUNITY.

Your Fall Reset

A season for new perspective.

SIMPLE, REALISTIC WAYS TO FEEL STRONGER, HEALTHIER AND MORE LIKE YOU.

Fall is a natural invitation to pause, reflect and reset. The summer rush slows, routines return and the air feels a little crisper — giving us a fresh opportunity to care for ourselves in simple, meaningful ways.

A fall reset isn't about perfection or overhaul. It's about small, consistent choices that support your energy, mood and overall well-being as we head into the holiday season and beyond.

Progress over perfection. ♡



IN THIS ARTICLE

1 Embrace the Season
2 Nourish Your Body
3 Move with Intention
4 Support Rest and Recovery
5 Simplify and Reconnect

THE BIG PICTURE

MORE ENERGY
Support your body with real food, rest and movement.

BETTER MOOD
Simple habits can help you feel more balanced and resilient.

STRONGER IMMUNE SUPPORT
Nourish, move and rest well as we head into colder months.

A MORE CONNECTED YOU
Make time for the people, places and routines that fill your cup.

5 Simple Ways to Feel Stronger This Season

A fall reset isn't about doing more – it's about focusing on what matters most. These small, realistic changes can help you feel stronger, healthier and more like you as we move into the holiday season and beyond.



1 Embrace the Season

Let the season work for you. Cooler days make it easier to get outside, enjoy seasonal foods and establish routines that feel good.



2 Nourish Your Body

Real, whole foods fuel your energy, immunity and mood. Focus on seasonal produce, plenty of protein and staying well hydrated.



3 Move with Intention

It doesn't have to be complicated. A daily walk, strength sessions two to three times a week or simply more movement in your day can make a big difference.



4 Support Rest and Recovery

Quality sleep, stress management and purposeful pauses help your body and mind reset, so you can show up with more energy and clarity.



5 Simplify and Reconnect

Lighten what you can, focus on what matters and make time for the people and routines that fill your cup. Small choices create a calmer, more fulfilling season.



Remember...

- ♡ Progress over perfection.
- ♡ Small steps still count.
- ♡ You get to take care of you.
- ♡ A healthier tomorrow starts today.

A Revive Well Favorite

Roasted Harvest Bowl

REAL FOOD. REAL BENEFITS.
REAL LIFE.

A nourishing bowl that brings together the flavors of fall with a balance of protein, fiber, healthy fats and vibrant vegetables. It's simple to make, easy to customize and designed to fuel your body and support your overall well-being — the kind of real food that fits real life.



Nourish today for a stronger tomorrow. ♡

NUTRIENT RICH
Packed with vitamins, minerals and antioxidants to support immunity and overall health.

BALANCED FUEL
A combination of protein, complex carbohydrates and healthy fats to keep you satisfied.

SUPPORTS WELL-BEING
Helps maintain steady energy, stable mood and a healthy metabolism.

REAL LIFE FRIENDLY
Simple ingredients, easy preparation and flexible enough to fit your season.

A Revive Well Favorite

Roasted Harvest Bowl

Real food. Real benefits. Real life. ♡

NOURISHING INGREDIENTS. REAL FLAVOR. A BRIGHTER YOU.



Ingredients

Serves 4

1 lb	butternut squash, peeled and cubed (about 4 cups)
1 lb	Brussels sprouts, trimmed and halved
3 Tbsp	olive oil
1 tsp	sea salt
1/2 tsp	black pepper
1 tsp	garlic powder
1 tsp	dried thyme (or 1 Tbsp fresh)
1 cup	quinoa, rinsed
4 cups	chopped kale (stems removed)
1/2 cup	dried cranberries
1/2 cup	toasted pecans, chopped
1/2 cup	crumbled feta or goat cheese
1/4 cup	roasted pumpkin seeds (optional)

Instructions

1. Preheat oven to 400°F.
2. On a large baking sheet, toss butternut squash and Brussels sprouts with olive oil, salt, pepper, garlic powder and thyme.
3. Roast for 25–30 minutes, stirring halfway through, until tender and lightly caramelized.
4. While vegetables roast, cook quinoa according to package directions. Fluff and let cool slightly.
5. In a large bowl, combine quinoa, kale, roasted vegetables, cranberries, pecans, feta and pumpkin seeds.
6. Drizzle with maple Dijon dressing (recipe at right) and gently toss to combine.
7. Taste and adjust seasoning as desired. Serve warm or at room temperature.

Why It Works

NUTRIENT DENSE
Packed with fiber, vitamins and antioxidants.

SUPPORTS METABOLIC HEALTH
A balance of complex carbs, healthy fats and plant protein.

GOOD FOR GUT HEALTH
Fiber-rich ingredients help support a happy gut.

KEEPS YOU FULL
Protein, fiber and healthy fats help sustain energy.

Make It Your Own

- Swap quinoa for farro, brown rice or cauliflower rice.
- Use goat cheese or omit for dairy-free.
- Add grilled chicken, salmon or chickpeas for extra protein.
- Try apple slices or pomegranate seeds for a fresh twist.
- Use spinach instead of kale.
- Add a drizzle of balsamic glaze for extra flavor.

Maple Dijon Dressing



3 Tbsp	olive oil
2 Tbsp	pure maple syrup
1 Tbsp	Dijon mustard
1 Tbsp	apple cider vinegar
1 tsp	lemon juice
¼ tsp	salt
¼ tsp	black pepper

Whisk all ingredients together until smooth. Taste and adjust seasoning as desired.

Meal Prep Tip

Roast a double batch of vegetables and quinoa at the beginning of the week for quick and easy bowls all week long.

What Does Your Healthcare Actually Cost?

LOOK BEYOND THE PREMIUM.
A PRACTICAL GUIDE FOR 2027.



Many of us focus on the monthly premium when we're choosing a health plan, but the premium is just one piece of the puzzle.

True healthcare costs include deductibles, copays, coinsurance, prescriptions and the unexpected urgent care visit. When you look at the full picture, it's easier to see what you're really spending — and where a different approach, like Direct Primary Care (DPC), can fit in.

It's More Than a Premium.

A typical health plan includes several costs throughout the year. Here's a look at the most common ones:

PREMIUM
Your monthly payment to have insurance coverage.

DEDUCTIBLE
The amount you pay out of pocket before insurance starts to pay.

COPAY
A fixed amount you pay for a visit, such as a primary care office or urgent care visit.

COINSURANCE
Your share of the cost (often a percentage) after you meet your deductible.

PRESCRIPTIONS
Costs can vary widely depending on your plan's formulary and whether you use a preferred pharmacy.



Real life adds up.

Even with insurance, everyday healthcare costs can include:

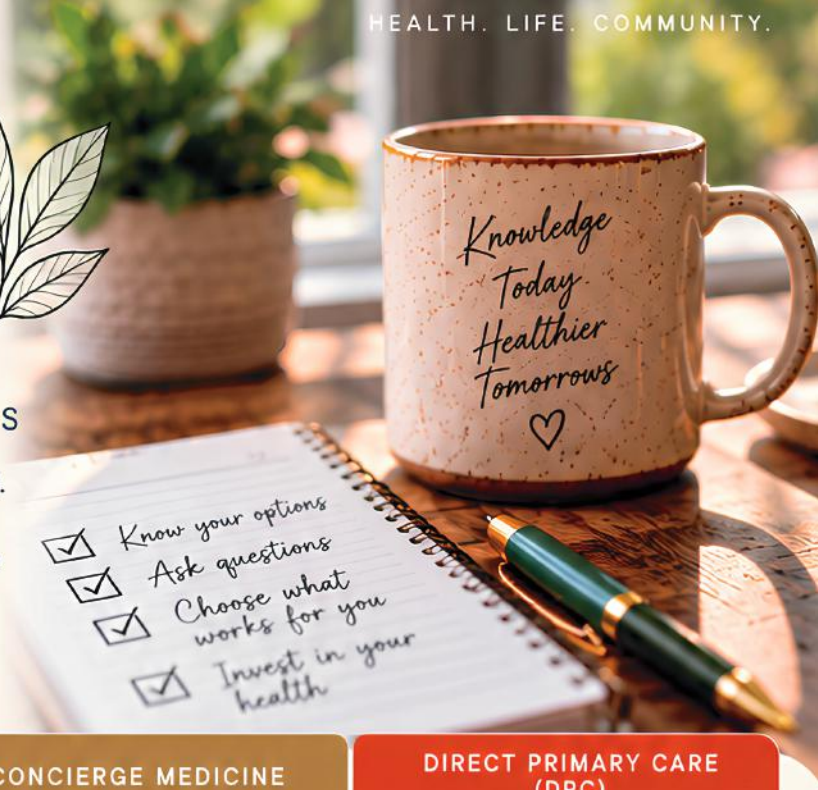
- Routine primary care visits
- Urgent care (when life happens)
- Specialist visits
- Labs and imaging
- Medications
- Unexpected medical needs

Understanding these costs helps you compare your options and choose the care that fits your health needs, your lifestyle and your budget — now and in the year ahead.

Knowledge gives you choices.

Finding the Right Fit

A QUICK LOOK AT COMMON OPTIONS



There's no one-size-fits-all when it comes to healthcare. This comparison can help you see how traditional insurance, concierge medicine and Direct Primary Care (DPC) differ, so you can choose the option that best fits your needs, your lifestyle and your budget.

FEATURE	TRADITIONAL HEALTH INSURANCE	CONCIERGE MEDICINE	DIRECT PRIMARY CARE (DPC)
Monthly Cost	Varies widely (typically $300–$1,000+)	Higher annual or monthly fee (typically $1,500–$5,000+)	Predictable monthly fee (e.g., $79/month at Revive)
Annual Deductible	Often high ($1,500–$7,000+)	May or may not include (typically separate)	No deductible for included services
Copays	Yes (PCP, specialist, urgent care)	Usually limited or none	None for included services
Visit Structure	Often limited time (10–15 minutes)	Extended visits	Unhurried, personalized visits
Access	During office hours	Enhanced access (often same/next day)	Direct access (messaging, phone, same/next day)
Labs	Billed to insurance (subject to deductible)	May be included or separate	Annual labs included (additional labs billed to insurance when applicable)
Prescriptions	Billed to insurance	Billed to insurance or included	Prescriptions sent to pharmacy (billed to insurance)
Best For	Broad coverage for unpredictable or complex needs	Comprehensive, high-touch care with elevated amenities	Accessible, relationship-based primary care for everyday and preventive health

Questions to Ask

- What will my total annual cost likely be?
- What services are included?
- How much will I pay out-of-pocket before insurance starts to pay?
- Can I get same-day or next-day appointments?
- Are preventive labs and screenings included?
- How does this option fit my health goals and my budget?

The Bottom Line

Insurance is important for catastrophic coverage, but it often leaves gaps and high out-of-pocket costs for everyday care. Concierge medicine offers an elevated experience at a higher cost. Direct Primary Care (DPC) provides a simple, transparent model for accessible, relationship-based primary care — helping you invest in your health today and a healthier tomorrow.

Different needs. Different paths. The same goal — a healthier you. ♡

A Different Kind of Care

Direct Primary Care

MORE TIME. A STRONGER PARTNERSHIP. A HEALTHIER YOU.



Direct Primary Care (DPC) is a membership-based model that puts you and your health at the center. Instead of rushing through appointments, DPC allows time for real conversations, proactive care and a long-term relationship focused on your goals.

Healthcare that fits real life.

MORE TIME
Appointments focused on your concerns, not the clock.

PERSONALIZED CARE
A plan tailored to your goals and lifestyle.

PREVENTIVE FOCUS
Proactive care to help you stay well today and tomorrow.

DIRECT ACCESS
Easy communication with a provider who knows you.

What's Included
IN YOUR DPC MEMBERSHIP

- Comprehensive initial assessment (at enrollment)
- Annual comprehensive laboratory testing*
- In-office, CLIA-waived labs (as available)
- Routine primary care visits (in-person or virtual, as appropriate)
- Personalized care planning
- Ongoing support for chronic condition management and metabolic optimization
- Lifestyle guidance for nutrition, movement, sleep and overall wellness
- Direct messaging access for non-urgent questions

Not Included
IN YOUR DPC MEMBERSHIP

- Urgent or emergency care (please seek appropriate acute care)
- Specialist care
- Hospital care
- Imaging (X-ray, CT, MRI, etc.)
- Vaccines
- Procedures beyond routine in-office care (e.g., EKG planned, limited suturing/irrigation)
- Medications not routinely stocked (prescriptions can be called in to your preferred pharmacy and billed through your insurance when applicable)
- Additional laboratory testing beyond included annual labs (billed by the lab to your insurance when appropriate)

IS DPC RIGHT FOR YOU?

DPC works well for individuals and families who want a more personal, proactive approach to healthcare — whether you're managing a chronic condition, focusing on metabolic health, or simply want a partner in your long-term well-being.

Real people. Real time. Real care.



INVEST IN A HEALTHIER TOMORROW.

When you have the time, support and guidance you deserve, you can take meaningful steps toward feeling your best — today and for the years ahead.

Breast Health

KNOW YOUR NORMAL.
KNOW YOUR RISK.
KNOW WHEN TO FOLLOW UP.



Breast health is an important part of your overall wellness at every stage of life. Being informed, aware and proactive can help you feel more confident and in control of your health.

Know Your Normal

A LUMP IS NOT THE ONLY POSSIBLE BREAST CHANGE.

- A new breast or underarm lump
- Thickening or swelling of part of the breast
- Skin irritation or dimpling
- Redness or flaky skin (such as peeling or scaling)
- Nipple pulling-in or nipple pain
- Nipple discharge other than breast milk (including blood)
- Change in breast size or shape
- Breast pain that is new or different

Screening Matters

For people at average risk, the U.S. Preventive Services Task Force recommends screening mammography every 2 years from ages 40 through 74.

Your screening needs may be different based on your personal history, family history, genetic risk, prior breast findings and other factors. Individual recommendations should be discussed with your healthcare professional.

Don't wait for your next screening if something changes.

Contact your healthcare professional if you notice a new or concerning change in your breasts.



A quick breast health check-in

- [ ] Do I know when my next mammogram is due?
- [ ] Do I know my family history of breast and ovarian cancer?
- [ ] Have I followed up on prior abnormal imaging or recommendations?
- [ ] Is there a breast change I've been meaning to ask about?

General health information only; not a substitute for individualized medical advice, diagnosis or treatment.

Move for a Brighter Tomorrow

MOVEMENT TODAY. A HEALTHIER, HAPPIER YOU TOMORROW.

Movement is one of the most powerful tools for better health at every age. It supports your heart, brain, bones, mood, metabolism and more — and it doesn't have to be complicated.



The Benefits Go Beyond the Scale

REGULAR MOVEMENT CAN HELP:

- Support heart and metabolic health
- Improve mood and reduce stress
- Maintain lean muscle and bone strength
- Enhance balance and flexibility
- Boost energy and improve sleep
- Support healthy aging and brain health
- Lower risk for chronic disease
- Help you feel more confident and capable

Find What Moves You

IT ALL COUNTS.

The best movement is the kind you enjoy and can stick with. Here are a few ideas to try this season:

- Walk outdoors
- Strength train (you can start at home)
- Bike, hike or explore local trails
- Join a class or online video
- Play with grandkids or pets
- Join a community event like Revive in Motion
- Try something new — pickleball, dance, or chair yoga

Tips for Success

- **Start where you are.** Even 10 minutes makes a difference.
- **Set realistic goals.** Small, consistent changes add up.
- **Mix it up.** Combine cardio, strength, balance and flexibility.
- **Make it social.** Invite a friend or join a group for support.
- **Celebrate progress.** It's about how you feel, not just the numbers.



MOVE MORE THIS MONTH

- Take a daily walk (10–30 minutes)
- Add one strength-focused session per week
- Try a new activity or revisit an old favorite
- Get outside and enjoy the fall season
- Join or follow #reviveinmotion for community fun

Rest Well

BETTER SLEEP.
BRIGHTER DAYS.
A HEALTHIER TOMORROW.



Rest is more than just sleep — it's a vital part of your health. Quality rest helps your body recover, strengthens your immune system, improves mood, supports healthy weight and metabolism, and gives you the energy to do what you love.

The Benefits of Better Rest

GOOD SLEEP SUPPORTS:

- A stronger immune system
- Better mood and less stress
- Healthy weight and metabolism
- Improved memory and focus
- Heart and brain health
- Muscle recovery and less pain
- More energy for the things you love

Tips for Healthier Rest

SMALL CHANGES CAN MAKE A BIG DIFFERENCE.

- Keep a consistent bedtime and wake time
- Create a calming evening routine
- Limit screens 1 hour before bed
- Keep your bedroom cool, dark and quiet
- Be mindful of caffeine and alcohol
- Move your body during the day
- Try a short breathing practice before bed
- Write down worries to clear your mind
- Make rest a priority — it's self-care, not a luxury

Create a Rest-Friendly Environment

SET THE STAGE FOR BETTER SLEEP.

- A comfortable mattress and pillows
- Cool, dark and quiet room
- Minimal clutter
- A calming bedtime routine
- A consistent sleep schedule (even on weekends)
- A space that feels peaceful and inviting



A well-rested you is a healthier, happier you.

THIS MONTH, TRY...

- Set a bedtime and stick to it for 7 days.
- Keep your phone out of the bedroom.
- Try a 5-minute breathing practice before bed.
- Add one calming element to your sleep space (like a diffuser, soft music or a cozy blanket).
- Notice how you feel and celebrate the progress!

October Health Check-In

SAME HABITS. BRIGHTER DAYS.
A HEALTHIER TOMORROW.



October is a great time to pause, check in and reset your focus. Small, consistent habits add up and can make a big difference in how you feel through the rest of the year.

Nutrition

FUEL YOUR BEST SELF.

- [ ] Focus on lean protein, colorful fruits and vegetables.
- [ ] Stay hydrated — aim for 64+ ounces daily.
- [ ] Enjoy seasonal foods like apples, squash and pumpkin.
- [ ] Limit added sugars and ultra-processed foods.

Movement

KEEP IT ACTIVE.

- [ ] Aim for at least 150 minutes of moderate activity per week.
- [ ] Include strength training 2–3 days per week.
- [ ] Find movement you enjoy (walking, hiking, biking, pickleball, dancing — it all counts!).
- [ ] Get outside and enjoy the fall weather.

Sleep

REST. RECHARGE.

- [ ] Aim for 7–9 hours of quality sleep.
- [ ] Keep a consistent bedtime and wake time.
- [ ] Limit screens 1 hour before bed.
- [ ] Create a calming evening routine.

Whole-Person Wellness

A HEALTHIER, HAPPIER YOU.

- [ ] Manage stress with simple daily practices (deep breathing, quiet time, prayer, or journaling).
- [ ] Stay connected with friends and family.
- [ ] Make time for something you enjoy.
- [ ] Be kind to yourself — progress matters more than perfection.

Preventive Care

STAY AHEAD.

- [ ] Schedule or complete your annual wellness visit.
- [ ] Keep up with recommended screenings (including mammogram — see page 11).
- [ ] Review medications and supplements with your provider.
- [ ] Update immunizations as appropriate.
- [ ] Have labs checked as recommended.

This Month, Try...

- ✓ Add one new seasonal healthy recipe to your menu.
- ✓ Take a nature walk and notice the changing season.
- ✓ Do a 5-minute breathing practice each day.
- ✓ Check one preventive care item off your list.
- ✓ Celebrate one non-scale victory.
- ✓ Be proud of the progress you're making!

Around the Oasis

GET INVOLVED. STAY CONNECTED. MAKE A DIFFERENCE.



Revive Health Oasis is more than a place for care — it's a community. From movement and wellness events to education and local partnerships, there are many ways to connect, get involved and be part of something bigger.

Community Events

REAL PEOPLE. REAL CONNECTIONS.

From educational workshops to wellness events, we create opportunities to learn, grow and connect. Keep an eye on our website and social media for upcoming dates.

Revive in Motion

MOVE TOGETHER. FEEL BETTER.

Join us for community walks, fun runs, and wellness meetups designed to get people moving and build connections.
All are welcome — every pace, every stage, every step counts!

Education & Resources

KNOWLEDGE FOR A HEALTHIER YOU.

We offer community education, wellness tips and resources to help you make informed decisions and take confident steps toward a healthier life.

Follow + Connect

STAY IN THE LOOP WITH ALL THINGS REVIVE.

Get the latest wellness tips, event updates, healthy living inspiration and a behind-the-scenes look at life at Revive Health Oasis.

@revivehealthoasis

LIKE • FOLLOW • SHARE • BE PART OF OUR COMMUNITY



Halloween, Without the Scaries

SAFE CHOICES. HAPPY KIDS. HEALTHIER TOMORROWS.



Halloween is a time for fun, creativity and community. With a little planning, you can keep it safe, enjoyable and a bit healthier — so everyone can focus on the moments that matter most.

Smarter Treat Choices

ENJOY THE SWEETNESS WITHOUT THE SUGAR SPIKE.

- Offer non-food treats (stickers, small toys, glow items).
- Choose smaller portions.
- Look for options with less added sugar when possible.
- Pair treats with a protein-rich snack or a balanced meal.
- Enjoy a few favorites — and save the rest to make them last.

Safety First

KEEP THE FUN GOING AND THE WORRIES LOW.

- Make sure costumes fit well, allow good visibility and avoid tripping hazards.
- Use reflective gear or glow items for evening visibility.
- Stick to well-lit neighborhoods and cross streets at corners.
- Make a plan for younger children and keep a phone handy.
- Consider face paint instead of masks for better vision.

Keep Wellness in Mind

SMALL STEPS MAKE A BIG DIFFERENCE.

- Stick to regular routines, including meals and bedtime.
- Stay hydrated while out and about.
- Be mindful of food allergies — check labels when needed.
- Keep active with lots of walking and movement.
- Make it a positive, low-stress experience for everyone.



Make Memories

More than the candy, Halloween is about connection — the laughter, the creativity and the community that make this season so special. Here's to safe nights and sweet memories!

Quick Tips

- Plan a balanced meal before heading out.
- Bring water and stay hydrated.
- Set a treat limit that feels right for your family.
- Consider a "candy swap" — trade some treats for a fun non-food reward.
- Keep an eye out for safe, allergy-friendly options.
- End the night with gratitude for a fun, safe and healthy season!

One Positive Step

SMALL STEPS. REAL PROGRESS.
A BRIGHTER TOMORROW.



Lasting change doesn't happen all at once. It happens in the small, intentional choices we make each day. One positive step — no matter how small — can lead to a healthier, happier you.

Celebrate the Wins

PROGRESS COMES IN MANY FORMS.

- ✓ Made a healthy meal choice
- ✓ Took a walk (even a short one)
- ✓ Got a good night's sleep
- ✓ Said no to something that doesn't serve you
- ✓ Showed up for a friend or family member
- ✓ Took time to breathe
- ✓ Chose kindness — for yourself or someone else

Ideas for Your Next Step

PICK ONE. OR CREATE YOUR OWN.

- ☐ Try a new healthy recipe
- ☐ Add 5 minutes of movement
- ☐ Spend time outdoors
- ☐ Drink an extra glass of water
- ☐ Start (or end) a gratitude list
- ☐ Clear one small space in your home
- ☐ Reach out to a friend
- ☐ Take a 5-minute breathing break
- ☐ Do one thing today that tomorrow you will thank yourself for

Keep Going

A FEW REMINDERS FOR THE JOURNEY.

- ✓ Small steps still move you forward.
- ✓ Progress over perfection.
- ✓ You are stronger than you think.
- ✓ Every healthy choice matters.
- ✓ It's okay to start fresh anytime.
- ✓ You are not alone — this community is here to support you.

You don't have to do it all. You just have to keep going. ♡



A Moment to Reflect

TAKE A BREATH. CHECK IN.

- ○ What's one positive step I took this week?
- ○ What made me feel good?
- ○ What's one small step I can take next week?
- ○ Who or what can support me?
- ○ How do I want to feel a month from now?

Still Growing Still Thriving ♡

Healthy Through the Holidays

ENJOY THE SEASON.
STAY TRUE TO YOUR GOALS.



The holiday season is a time for connection, celebration and making memories. With a little planning and a few healthy habits, you can savor the moments, enjoy your favorite foods and still feel your best.

Mindful Indulgence

ENJOY WHAT YOU LOVE WITHOUT GUILT.

- Plan ahead for gatherings.
- Fill your plate with foods that nourish and satisfy.
- Use the 80/20 approach — make most choices nutrient-rich and leave room for favorites.
- Eat slowly and savor each bite.
- Stay aware of portion sizes.

Keep Moving

STAY ACTIVE, EVEN DURING BUSY DAYS.

- Take short walks after meals.
- Try a family activity — a walk, hike or game outside.
- Sneak in movement where you can (parking farther away, stairs, quick stretches).
- Keep strength and mobility in your routine.
- Remember: even small amounts of movement make a difference.

Support Yourself

PRACTICAL TIPS FOR A HEALTHIER, HAPPIER SEASON.

- Stay hydrated.
- Prioritize sleep.
- Manage stress with breathing, journaling or quiet moments.
- Set realistic goals.
- Be kind to yourself.
- Focus on connection over perfection.



Coming in the Next Edition

OUR NOVEMBER ISSUE WILL FEATURE:

- Gratitude in Action — simple ways to practice gratitude for a brighter tomorrow
- Nourishing, seasonal recipes for fall
- Supporting immune health
- Managing stress during a busy season
- Community highlights and upcoming events
- And more inspiration to help you thrive!

More Inspiration Ahead.

A Final Note

SOMETHING TO CARRY WITH YOU.



As we close this issue, we hope you feel inspired, encouraged and reminded that small, intentional steps really do add up. You are part of a community that believes in healthier tomorrows — and that is something worth celebrating.

Progress over Perfection

IT'S THE STEPS YOU TAKE THAT MATTER.

A healthier, happier you doesn't require a complete overhaul — just consistent, intentional choices. Every small step is a step in the right direction.

You Are Not Alone

A COMMUNITY THAT CARES.

Whether you're focusing on your health, supporting a loved one or simply looking for inspiration, this community is here to walk alongside you.

Brighter Days Ahead

SAME HABITS. BRIGHTER DAYS.

The seasons change, our routines shift, and new opportunities emerge. No matter where you are on your journey, there is always another chance to choose what feels good for you.



Carry This With You...

- You are doing better than you think.
- Small steps still move you forward.
- Your health matters — today and always.
- Kindness makes a difference.
- You are part of something meaningful.
- Brighter days are always possible.

Until Next Time,
The Revive Health Oasis Team

Thank You

FOR BEING PART OF OUR STORY.

Your support, encouragement and engagement mean more than you know. Whether you're a patient, a member of our community, or simply someone who believes in healthier tomorrows, you help make Revive Health Oasis what it is — a place where people, care and community come together.

Here's to more good days ahead. ♡



Keep in Touch

Follow us for the latest updates, upcoming events, wellness tips and more. We love staying connected with our community!

VISIT OUR WEBSITE

Learn more about our services, programs and community.

revivehealthoasis.org

FOLLOW + CONNECT

Wellness tips, event updates and daily inspiration.

@revivehealthoasis

JOIN OUR COMMUNITY

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A HEALTHIER TOMORROW.