

BFC Newsletter

FEBURARY 2026

It's not you...



It's your fascia.

BREAK UP WITH PAIN THIS VALENTINE'S DAY 💔

DISCOVER WHY SHOCKWAVE THERAPY IS THE TALK OF THE TOWN AND HOW THIS NON-INVASIVE TREATMENT TARGETS FASCIA TO RELIEVE PAIN—WITHOUT SURGERY.

💕 **BRING A VALENTINE!**

A PARTNER, FRIEND, COWORKER, OR EVEN A STRANGER AND

RECEIVE A SPECIAL BONUS.

BECAUSE THIS VALENTINE'S DAY, PAIN IS THE ONE THING YOU SHOULDN'T SETTLE FOR. 💔➡️💕

THURSDAY FEBURARY 9TH 5:00PM

DRINKS & SNACKS PROVIDED. XOXO

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FEBURARY 2026



25% OFF

**ONE HOUR
SWEETHEART
MASSAGE
CERTIFICATES 25%
OFF
FEB 2ND -13TH ONLY!**

**PATHWAYS
MEETING FEB 27TH
10:00AM**

**JOIN US FRIDAY FEBURARY 27TH AT
10:00AM FOR OUR PATHWAYS TO
FAMILY WELLNESS MEETING
THIS IS A FUN TIME TO GET TOGETHER
WITH LIKE MINDED FAMILIES AND
TALK WELLNESS**

**SNACKS, DRINKS, & ACTIVITIES TO
FOLLOW**

CHILDREN WELCOMED.

