

# 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 9<sup>TH</sup> 5:00PM**

DRINKS & SNACKS PROVIDED. XOXO

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FEBURARY 2026



25%  
OFF

ONE HOUR  
SWEETHEART  
MASSAGE  
CERTIFICATES 25%  
OFF  
FEB 2<sup>ND</sup> -13<sup>TH</sup> ONLY!

PATHWAYS  
MEETING FEB 27<sup>TH</sup>  
10:00AM

JOIN US FRIDAY FEBURARY 27<sup>TH</sup> 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.

