

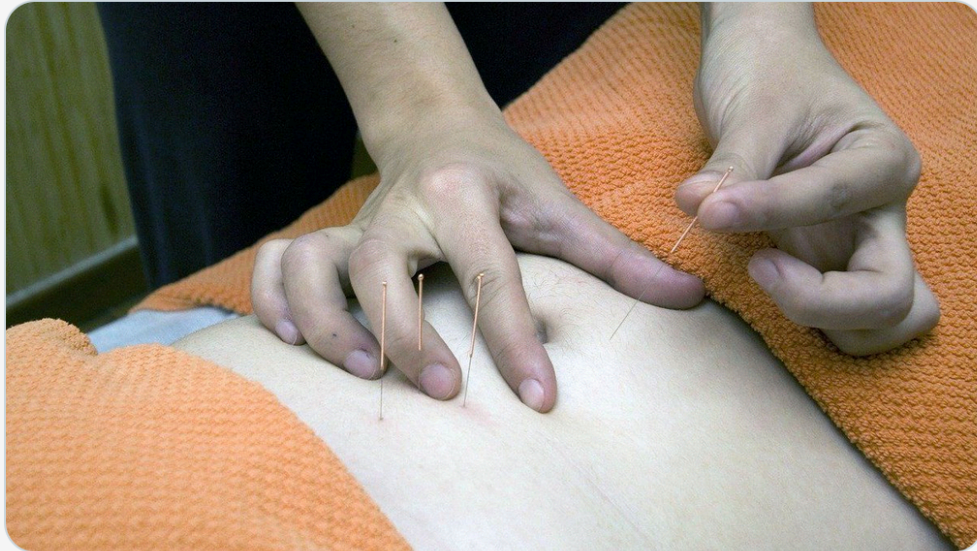
TWITTER POSTS SERIES



Pain Arthritis Relief Center @PARCWellness · Jun 16, 2020



Did you know...this [#acupuncture](#) fact? No two acupuncture patients receive the same treatment. Each session is customized to the patient, and will change as treatment progresses. [#PARCwellness](#)
[#PARCImmunityCommunity](#) [#rejuvenate](#) [#heal](#) [#rockvillemd](#) [#arthritispain](#)
[#ChronicPain](#)



Pain Arthritis Relief Center @PARCWellness · May 28, 2020



Simple, safe & effective, ozone therapy treatments have been used for 60+ years with a higher safety rating than aspirin. Ozone stimulates your body to minimize the effects of stress & again, improve healing, & boost physical performance. buff.ly/3eWLwfX
[#PARCwellness](#)

RELIEF CENTER

OZONE THERAPY

- ACTIVATES THE IMMUNE SYSTEM
- INCREASES THE OXYGEN LEVEL OF YOUR CELLS
- DETOXIFIES YOUR BODY
- REDUCES INFLAMMATION
- INCREASES ENERGY

TWITTER POSTS SERIES

 **Pain Arthritis Relief Center @PARCWellness** · Jul 6, 2020 ...

[#Mindfulness](#) Exercise: Train your brain to be present in the moment by focusing on your breath. Use the GIF below to take at least 10 breaths, and notice how your body relaxes and releases stress. [#DeStressMonday](#)
[#TrueBreath](#) [#mindshift](#) [#FeelBetterGetWell](#) [#PARCwellness](#)

Practice this Exercise



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Pain Arthritis Relief Center @PARCWellness · Jun 30, 2020



With the upcoming holiday weekend, here are five things to do in D.C. for your joints:

- Visit monuments
- Rock Creek Park
- Canoe, paddle or kayak on the Potomac
- Hiking (and drinking wine) on Sugarloaf Mountain
- Smithsonian Museums & National Zoo

buff.ly/2YH5Z2a



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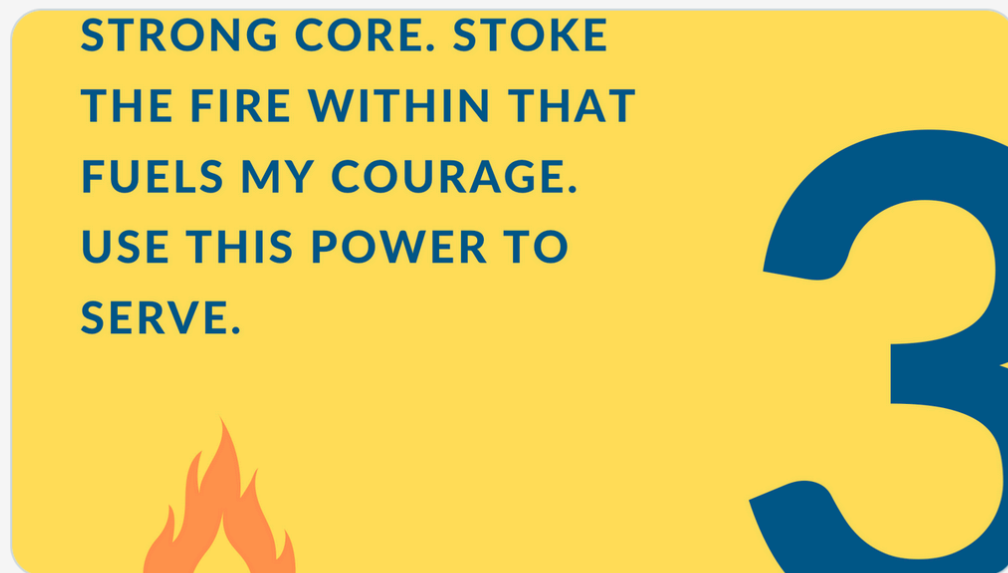
Pain Arthritis Relief Center @PARCWellness · Jul 8, 2020



The third Chakra, yellow, is the center of your personal power & self-confidence. It's where you draw your power to transform, grow, and change.

**STRONG CORE. STOKE THE FIRE WITHIN THAT FUELS MY COURAGE.
USE THIS POWER TO SERVE.**

[#PARCwellness](#) [#balancedenergy](#) [#FeelBetterGetWell](#)



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Pain Arthritis Relief Center @PARCWellness · Jun 29, 2020



Here's a deep breathing exercise to help you relax for a busy week: Recline in your chair (or lie down if you can) & set your hands on your belly. Count to 5 as you inhale & feel your belly rise and fall. Pause & exhale as you count to 6.

Repeat as needed. Now you've got this.

