

Call ☎ us at 816-214-5276

Home/Landing page: <https://bit.ly/2ImSbAn>

ED: <https://bit.ly/2vVSSe9>

Menopause: <https://bit.ly/2P2Wse0>

Medical Weight Loss: <https://bit.ly/2NCVgxr>

Weight Loss: If you need help achieving your #weight loss goals, check out our medical weight loss program! Call ☎ us at 816-214-5276 or visit <https://bit.ly/2NCVgxr> to learn more.

ED: Our Platelet Rich Plasma (PRP Therapy) is a great solution to ED problems. Call ☎ us at 816-214-5276 or visit <https://bit.ly/2vVSSe9> to learn more.

Menopause/ Low Test.:

If you're experiencing the symptoms of menopause, bioidentical hormone replacement therapy (BHRT) can help by replacing lost #hormones. To learn more, call ☎ us at 816-214-5276 or visit <https://bit.ly/2P2Wse0>.

Instagram post in the afternoon have better engagement

KC Wellness Weekly Posts: 12/23



Facebook (4/week):

ALL PM - Monday: 7 Tuesday: 6 Wednesday: 6 Thursday: 2 Friday: 5 Saturday: 4 Sunday: 5

Monday 12/23 - ED (Performance During the Holidays)

Looking for some extra holiday cheer 🎉!? These helpful #tips can lead to merrier memories in the bedroom. Remember, while it's not uncommon that the extra celebrations can lead to less than fun times, maintaining a few healthy lifestyle choices can help you through the season:

<http://bit.ly/2PYLdFJ>.

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<https://www.pexels.com/photo/couple-about-to-kiss-2950331/>

<https://pixabay.com/photos/pair-love-luck-romance-mood-596090/>



<https://pixabay.com/photos/pair-love-luck-mood-christmas-596092/>
<https://www.pexels.com/photo/couple-smiling-at-each-other-1881091/>

Tuesday 12/24 - National Eggnog Day

Feel like getting festive? We found the perfect recipe for #NationalEggnogDay!

Recipe:

★ In a small saucepan over low heat, combine milk, cinnamon, nutmeg, and vanilla and slowly bring mixture to a low boil.

★ Meanwhile, in a large bowl, whisk egg yolks with sugar until yolks are pale in color. Slowly add hot milk mixture to egg yolks in batches to temper the eggs and whisk until combined.

★ Return mixture to a saucepan and cook over medium heat until slightly thick (and coats the back of a spoon) but does not boil. (If using a candy thermometer, the mixture should reach 160°.)

★ Remove from heat and stir in heavy cream and, if using, booze.

★ Refrigerate until chilled.

★ When ready to serve, garnish with whipped cream and cinnamon.

<https://burst.shopify.com/photos/cheers-to-holiday-eggnog?q=eggnog>



Wednesday 12/25 - Merry Christmas

May you and your family enjoy all the warmth this season has to offer! From all of us, have a wonderful holiday and a new year filled with good health! 🌟🌟🌟

https://drive.google.com/file/d/1mwNZE06pq_R0cUMeYfVw4fJqJ88T6phM/view?usp=sharing

Saturday 12/28 - Blues after the holidays are coming to an end (workout)

Have a holiday hangover or experiencing the winter blues? From hamstrings to shoulders, see these top workouts to get your spirits high and ready for 2020! <http://bit.ly/38Rav1h>

If you need help achieving your #weight loss goals, check out our medical weight loss program! Call ☎ us at 816-214-5276 or visit <https://bit.ly/2NCVgxr> to learn more.

https://unsplash.com/photos/Vz0RbclzG_w



<https://unsplash.com/photos/k95uqdEe8R4>



Instagram (2/week):

Monday: 12 Tuesday: 3 Wednesday: 3 Thursday: 3 Friday: 12,3,6 Saturday: 6 Sunday: 12, 3

Feed Outline: <http://bit.ly/2Pdo6Z0>

Tuesday 12/24 - #NationalEggnogDay

Get into the holiday spirit with this festive [spiked] eggnog recipe! Check out the link in our bio for an egg-static treat! 🥰

What you will need: 2 c. milk

1/2 tsp. ground cinnamon, plus more for garnish

1/2 tsp. ground nutmeg

1/2 tsp. vanilla extract

6 large egg yolks

1/2 c. granulated sugar

1 c. heavy cream

1 c. bourbon or rum (optional)

Whipped cream, for serving

<http://bit.ly/2raxVhc>

#eggnog #egg #nog #spirit #holidayspirit #christmas #christmastime #christmaseve #eve #recipe
#eggnogrecipe #homemade #christmasspirit #holiday #festive #fun #festivefun #kc #kcmo #mo
#wellness #kcwellness



Wednesday 12/25 - Merry Christmas

From all of us, have a wonderful holiday and a new year filled with good health! ✨✨

#mental #health #wellbeing #holiday #holidayhealth #wellness #mentalwellness #merrychristmas
#happyholidays #happy #youfirst #mentalhealth #positivity #positive #yourwellness #kcwellness #kcmo
#kc #christmas #nye #santa

https://drive.google.com/file/d/1mwNZE06pg_R0cUMeYfVw4fJqJ88T6phM/view?usp=sharing