

Health & Vitality Report—July 2025

**Community Spotlight**

**Business Spotlight: Fairway Independent Mortgage Company ~ The Kylnn Team**

Kimberly Lynn has spent nearly 30 years in the lending industry, growing a thriving mortgage office here in the Pacific Northwest with the capacity to serve across multiple states.

She is passionate about her work and greatly values earning the trust of her clients and real estate partners. Her business objectives are to build a thriving referral network of real estate partners, financial planners, insurance providers and other business professionals.

The top priority at the Klynn Team is to make homebuying or refinancing process as hassle free as possible. They are structured to ensure speedy and seamless closing.

Why pick her team over others?

* Experts in creative restructuring
* Average closing timeline – 16 days
* Consistent communication

Kimberly Lynn’s moto is “To inspire the courage to pursue a great life”. If these align with your future or current goals, give her a call at 360-217-8260 or email at klynnteam@fairwaymc.com or online @ www.klynnloans.com

**Frivolously Funny Corner!**

**Q. How do you organize a fantastic July cookout?**A. You "meat" in the middle and "ketchup" with friends!

**Q. Why was the math book sweating in July?**
A. It had too many problems under the heat!



**Richard’s Insights**

**🧠 Mind-Body Connection**

* Massage therapy not only eases physical tension—it can also lower cortisol levels, reducing stress and anxiety.
* Regular massage can help regulate the nervous system, making it easier to stay calm and centered throughout the day.
* Touch is a basic human need. Massage offers therapeutic touch that helps support emotional wellbeing.

**Tips to get the most from your massage….**

**💪 Physical Benefits**

* Massage increases circulation, bringing oxygen and nutrients to muscles while helping flush out metabolic waste.
* It promotes lymphatic drainage, which helps boost immune function and reduce inflammation.
* Therapeutic massage helps restore range of motion, ease chronic pain, and break up adhesions in soft tissue.

**🔁 Consistency = Results**

* The benefits of massage build over time. Just like exercise, consistency matters.
* One massage helps you feel better. Regular massage helps you function better.
* Think of massage as maintenance, not just a luxury.

THINGS TO DO AROUND TOWN

07/08 – SRFR Water Safety Camp with SRFR, 10:00 am at Lake Tye Park

07/08 – Getting Back to Health with Dr. Rod Dahlinger, 6:00 pm at Healthy Family Chiropractic

07/11 – Music in the Park with The Machine (70s disco), 6:00 pm at Lake Tye Park

07/12 – BECU Figure 8 Nationals, at Evergreen Speedway

07/12 – Fair Food Drive, 12:00 – 5:00 pm at Evergreen State Fair Park

07/12 – Shakespeare in the Park with Last Leaf Productions, 5:00 pm at Sky River Park

07/15 - Getting Back to Health with Dr. Rod Dahlinger, 6:00 pm at Healthy Family Chiropractic

07/18 – Music in the Park with Jackie and the holograms (80s pop & rock), 6:00 pm at Lake Tye Park

07/18-07/19 – Tire Pros Summer Showdown, Evergreen Speedway

07/19 – Hawaiian DJ Bingo with MCSC, 5:00 pm at Monroe Community Center

07/19 – Lake Tye Science Day, 8:00 – 2:00 pm at Lake Tye Park

07/19-07/20 – Washington Midsummer Renaissance Faire at Sky Meadows

07/22 - Getting Back to Health with Dr. Rod Dahlinger, 6:00 pm at Healthy Family Chiropractic

07/25 – Music in the Park with Hair Nation (80s rock & roll), 6:00 pm at Lake Tye Park

07/26-07/27 – Washington Midsummer Renaissance Faire at Sky Meadows

07/29 - Getting Back to Health with Dr. Rod Dahlinger, 6:00 pm at Healthy Family Chiropractic



**Client Success Stories**

Richard and his staff are wonderful! Very professional and thorough. They ask a lot of questions and consult with you on each visit to ensure you are getting the most out of your visit. The staff also explains exactly what they are doing so you’re getting an education and a great massage. Very relaxing environment! ~ Lori D.

*We’d love to hear your success story! Email us at* *yinandyangmassage9@outlook.com* *or leave a review on our website!*

**Social Media**Follow us on Facebook, Instagram and Nextdoor

https://www.facebook.com/yinandyangmassagemonroewa/

https://www.instagram.com/yinandyangmassage/?hl=en

**Tips, Tricks, and Recipes for Better Health**

**🛌 Before & After Tips**

* Hydrate well before and after your session to help your body flush out toxins.
* Avoid heavy meals right before a massage for optimal comfort.
* Rest is recovery. Don’t plan intense workouts right after a deep tissue session.

04/02 Getting Back to Health with Dr. Rod Dahlinger, 6:00 pm at Healthy Family Chiropractic

04/03—04/07 Spring Inaugural Hunger Jumper Show, Evergreen State Fairgrounds

04/05—04/07 Evergreen Spring RV Show, 10:00am—5:00pm at Evergreen State Fair Park

04/06 NASCAR Season Opener, Evergreen Speedway, 6:00pm

04/09 Getting Back to Health with Dr. Rod Dahlinger, 6:00 pm at Healthy Family Chiropractic

04/12—4/14 NW Model Hobby Expos, 9:00am—3:00pm at Evergreen State Fairgrounds

04/16 Getting Back to Health with Dr. Rod Dahlinger, 6:00 pm at Healthy Family Chiropractic

04/19 doTerra class with Staci Cahill, 6:00 pm -6:45 pm at Healthy Family Chiropractic

04/19 Sound Baths with Staci Cahill, 7:00 pm—8:30 pm at Healthy Family Chiropractic (registration required)

04/20 Superhero Bingo!, 5:00 pm—10:00 pm at Monroe Senior Center

04/20—04/21 Oddmall Emporium of the Weird “Sprung”, 10:00 am –4:00 pm at Monroe State Fairgrounds

04/23 Getting Back to Health with Dr. Rod Dahlinger, 6:00 pm at Healthy Family Chiropractic

04/26 Arbor Day Celebration, 12:00 pm—2:00 pm at Lake Tye Park

04/26—04/28 Evergreen Spring Home Show, 12:00 pm—6:00 pm at Evergreen State Fairgrounds

04/30 Getting Back to Health with Dr. Rod Dahlinger, 6:00 pm at Healthy Family Chiropractic

**Client Success Stories**

*We’d love to hear your success story!*

*Email us at yinandyangmassage9@outlook.com.*

**Tips, Tricks, and Recipes for Better Health**