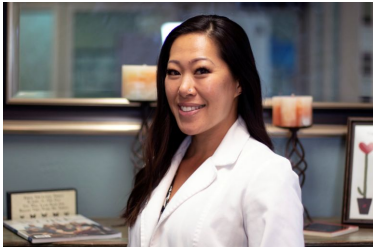


# Insight Wellness Center



'[...] the two most important phrases in therapy, as in yoga, are "Notice that" and "What happens next?" Once you start approaching your body with curiosity rather than with fear, everything shifts.'" -Dr. Bessel A. Van Der Kolk



## Meet the new additions to the Insight Wellness Center team!

We welcome Michele Weidner, R.N., CBD Nurse Consultant, as well as our two psychotherapy interns, Grace Liestman and Katie Etemadi. We are excited to have brought three new people on board and to continue growing together during this time.



## COVID-19 Update

Insight Wellness Center remains open for face-to-face consultations and therapy! We are following COVID-19 safety guidelines and taking the recommended steps to ensure our space is safe and sanitized for all of our staff and patients. The center has been utilizing tele-health for years, so our team is highly experienced in this arena and continues to offer this as an option for those who would prefer to consult with our staff from their homes.



## CBD

We are continuing to sell and ship our supplements and CBD products—local customers are also welcome to walk in and purchase!



## Other ways to get informed

Tune in every Monday at 10am PST to "CBD with your Favorite Ph.D." on Facebook Live for brief, informative videos where our founder, Dr. Katerina Rozakis, educates us about how CBD can improve our health and answers common CBD questions! And don't worry, if you aren't able to make it to the live chat, you can find their videos on Youtube or on our website

[www.insightforwellness.com](http://www.insightforwellness.com).

We will be posting to our blog on our website so make sure to check out [www.insightforwellness.com/blogs](http://www.insightforwellness.com/blogs) to learn more about alternative therapies and therapeutic tips for our ever-changing world.



## Healers by Dr. Kat

Dr. Kat continues to make her exceptional healing jewelry that are all handmade, chakra-cleared and smudged by Dr. Kat herself. Head over to our website for your own personalized chakra information, or come into our office to see our wide selection of available healers.

## Contact Us

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