

Psst, are you a quilter? ✓ Finding yourself stuck? ✓ Lacking inspiration? ✓ Intimidated by fancy, expensive programs like Adobe Illustrator? ✓

If any of these sound like you (or another quilter you know), we've got a way to help. We believe anyone who wants to be able to quilt should! And if there's a design blocker in your way, big or small, we want to get it knocked down!

Our super-quick quiz is designed to help us identify your pin-pricky pain points so we can steer you in the right direction, which is, in this case, making more patterns, selling those patterns, and growing your business! Visit us at <LINK> so we can get your email address and send our little quiz your way. Because don't you want creative control back? It's sew easy.

Tricky Programs Have You in Stitches?

Identify Your Patterns With Our Quiz

As a plant parent, we've all been here: You take special, tender care of your leafy, green babies, only to accidentally overfertilize them. You go to bed with a luxurious, envy-inducing plant and wake up to ROOT BURN! And yellow leaves! And dead flowers! 😱 It's time to say goodbye to unhappy plants and toxic fertilizers and welcome Elm Dirt's Plant Booster into your home. 🌱

As America's only zero-digest organic plant product, Plant Booster delivers macronutrients and probiotics to your leafy babies all while accelerating growth, revitalizing dead bits, boosting flowers, and so much more. Give yourself a green(er) thumb overnight and make your plants the happiest on the block. Tap the <LINK> to start adding to your cart. ✨

Attention, plant killers! You know who you are. Have you ever stuck a plant in the ground, watered it, cared for it, and watched it just... not grow? Meanwhile, your friends next door are growing softball-sized tomatoes and sunflowers as tall as a house. What gives? The secret is probably the fertilizer. We hate to tell you this, but standard fertilizer just doesn't really cut it anymore. It's harsh on your plants and can be even harsher (and toxic!) to the kids and pets in your home. Elm Dirt's Plant Booster is made for the plant killer who can't seem to get it right. We've taken the guesswork, the gross smell, and the toxicity out of fertilizer so you can use a plant product that benefits everyone in your life. Visit <LINK> to start blooming! 🌱

Can you describe that feeling where you drink that *perfect* amount of coffee? You feel alive, right? Full of energy? Like you can do anything? The same thing happens when you give your plants the right balance of nutrients and probiotics that they crave. Elm Dirt's Plant Booster is the triple espresso your plant needs, and can take your garden from so-so to spectacular in a few weeks! Plant Booster's founders wanted to create a fertilizer that didn't smell, didn't burn plants' leaves, and didn't damage the environment! The result? The only zero-digest organic plant fertilizer in the US. You can feel good about treating your plant, and the rest of the world, the right way. Head to <LINK> to start seeing for yourself.

Feeling Like a Bad Plant Parent?

Healthy Plants, Healthy Planet

Maximize Your Growing Potential!

We'll Give You a Greener Thumb

Transform Your Plants, Scientifically

Want a Showstopping Garden?

Kick Your Old Fertilizer Out

Your home is your haven, your happy place, your sanctuary! Why not make sure you're covering your walls with the art that brings you the most joy? Whether you're into stunning, colorful landscapes, portraits of famous English icons, or artistic imaginings of familiar landmarks and buildings, Jonny Church Art has something that'll inject a smile (or two) into your home. Reflect on beloved vacations and memories, every time you come home. Start adding to your beloved art collection at <LINK> and start browsing anywhere. There's plenty there to love.

Add Some Smile to Your Space

Inspired by Travels, Made for You

Over 40% of Americans hate taking pills, which is what made the perfect storm for Oh My! Mints to be created.

By infusing vitamins and supplements into mint form, getting what you need to conquer your day just got a little easier. ⚡ Ever need a little pick-me-up but don't have time to get a cup of coffee?

Oh My! Energy & Focus mints are packed with caffeine and L-theanine to deliver jitter-free energy to help you focus, power through your day, and avoid that sleepy afternoon feeling on the go. Just one mint contains 100mg of caffeine, which is about the same as one cup of coffee. Kick your day into gear, the fresh way, at <LINK>. 😎

Caffeine, Without the Extra Stuff

Perk Up Your Routine

Mintify Your Caffeine!

No Time for Coffee? ☕

Love the boost coffee or tea gives you, but maybe don't love the taste? Oh My! Energy & Focus mints contain the same energy-boosting perks packed in one cup of coffee that you can take anywhere and enjoy any time. 📱

Plus, they're deliciously minty. Designed to give you the power and focus to make the most of your day, these mints deliver 100mg of caffeine each that won't leave you feeling jittery or give you that mid-day crash. ⚡

They're packaged for easy use, so no more drinking cold coffee or losing time waiting in line at the café. ✨ Visit us at <LINK> to purchase your next pint-sized pick-me-up. ✨

Parents, you know how this goes: You're trying to get out the door with your little ones and you're running through that "stuff" checklist in your head? Did I pack snacks? Do I have enough diapers? Where am I supposed to store this bottle? Why don't I have enough room in here? The advertisements said this bag was roomy! 🤔

Ditch the old diaper bag and do yourself a favor. The BBXL Diaper Bag *literally* does it all (and holds it all). This 4-in-1 diaper bag can be a bag and a crib, with a USB port for charging your phone and an insulated sleeve for keeping your precious breast milk or formula cold, safe, and spillproof. Oh, and did we mention there's also a sun shade? Visit <LINK> to level up your parenting with the BBXL, now on sale for \$77.95. 🤩

Next time you're going out, feel free to overpack! The BBXL diaper bag is made for the parents who like to bring their gear with them, no matter what.

Designed to be ✨ light, compact, portable, waterproof, and versatile, ✨ these bags can just about do it all. The 4-in-1 design contains a changing pad (which can double as a crib), a sun shade, and a USB port for super-fast charging on the go. Don't sacrifice when it comes to traveling with your baby. 🤔 ✈️

Still need convincing? Head over to <LINK> to read our many five-star review from satisfied fellow parents, and grab your BBXL today so you can start traveling a little smarter.

Traveling Just Got 4 Times Easier

Do it All, Carry it All

Your Next Outing is in the Bag

Wishing for a Better Diaper Bag?

This Memorial Day, we'd like to remember with you. Join us for a Memorial Day event on Monday, May 30<sup>th</sup> at 9:45 a.m. us

We are dedicated to remembering those military personnel, whether active or retired, who sacrificed everything for our beautiful country.

Join us as we honor those who have recently passed. The American Legion Post 29 Honor Guard will be in attendance, and we will be pleased to hear from a local speaker and bagpipe player. Everyone is welcome! Tap the <LINK> below to get more details. We hope to see you on Monday, May 30<sup>th</sup>.

Looking for a Way to Spend May 30?

Give your pup the gift of cleaner eyes! Vets Preferred Eye Wash for dogs is the gentlest, safest, most effective eye wash on the market. This super-mild eye wash was formulated to help with tear stains and crusty or infected eyes, and is safe for all dogs! Our safe, effective products are made in the USA and deliver dogs' happiness and owners' peace of mind! Visit [vetspreferred.co](http://vetspreferred.co) to order your bottle for just \$12.99 today.

Stop wasting your money and time trying to fix your dog or cat's bad breath with chews, bones, or brushing their teeth yourself! Vets Preferred Advance Oral Care Water Additive is like having a dentist in your pet's water bowl, and effectively improves your pet's bad breath gently and safely! Sure, we all love kissing our pets, but wouldn't it be better if they had nicer breath? Head to [vetspreferred.co](http://vetspreferred.co) to get your own bottle!

Does your dog have irritated, dirty, or blocked ears? Save yourself the time and cost of a vet visit and try Vets Preferred Advanced Ear Wash instead! Simply follow the instructions and get your dog's ears back into tip-top shape after one use. This product is 100% safe and is formulated without steroids or antibiotics. Make your pooch more comfortable in one easy step. Visit [vetspreferred.co](http://vetspreferred.co) to order your bottle today!

Want your giving to serve two purposes? Akin Clothing Pocket Tees are designed with giving back, and moving forward, in mind. Our company was created because we wanted to see more kids in school, thriving and chasing their dreams. We make change by helping kids make art, turning that art into pocket tees, and using that money to fund school supplies for kids who need them most. Millions of kids worldwide can't attend school because they don't have the right materials to do so. By purchasing one of our Pocket Tees, you help send a kid to school, while proudly displaying their art. Our tees are unmatched in quality and are organic, sustainable, and give back to a worthy cause. What's not to love? Finally, give back to a worthy cause that makes you look good and feel good. Visit <LINK> for more info about how you can give back.

Modern design meets old-fashioned craftsmanship in our Belgian Sneaker. These are one of our bestsellers for a reason. Dapper Lane specializes in creating timeless footwear that'll last as long as you do. Inspired by the loafers worn by men in Europe for years, the Belgian Sneaker balances the line between classic and trendy without sacrificing comfort or style. Meticulously crafted. Better with every wear. No matter what. Order your expertly crafted pair today and save \$60, at <LINK.>

Timeless design

Handcrafted

Quality materials

Made to last

What else could you ask for in a shoe? The Belgian Sneaker by Dapper Lane is made to live life alongside you, no matter what that means. Our designs are elevated, sophisticated, understated classics that give you max comfort without skimping on style. Level up your look by investing in these staples. Your wardrobe will thank you. Visit us at <LINK> to order your hand-crafted pair today.

We Make Casual, Not Boring

Built to Be With You Forever

Quality, Comfort, Style

Buy Once, Wear Them Forever

There's nothing like the incredible love between pet and owner. When your pet starts to feel its age, the kindest thing you can do for them is to give them their mobility back. Vital Pet Life's Mobility Joint Supplement is designed to restore your pet's health and vitality in a healthy, pain-free way.

You can't stop the aging process, but you can make it a little easier. Around 80% of pets over 7 suffer from stiff joints that leave them achy, struggling to move, and uncomfortable. Many of these pets are put down prematurely. If you have a pet over 7, you can help them feel young and vibrant again, the pain-free way! Vital Pet Life's Mobility Powder can help ease pain, stiffness, and inflammation in your pup or cat. 🐕 🐈

With hundreds of positive reviews, Mobility Powder is safe, pure, and sustainably sourced so you can have peace of mind, all while providing your pet more range of motion. This product is safe to give to pets preemptively to stop joint pain at the source, support bone health, maintain healthy joints, and rebuild cartilage. ✅

🌟 What are you waiting for? Your pet's better health starts at <LINK>, for as little as 50 cents a day. 🌟

Help Your Pet Age in Less Pain

Aging Pet? Give Mobility Back

Pets deserve mobility too.

Is your little knight, dragon slayer, or hero looking for a new adventure? If so, they'll love using their imagination to storm the castle to save Fern, the fairy! 🏰

Fern has been trapped and needs to be set free, and your adventurer will get to crawl through tunnels, scale towers, and face dragons to do it! 🧝

Tickets to help save Fern are flexible, so no matter what you're looking for, your time at Hobbledown can fit your needs. Bring in the kids after school, buy an anytime ticket for spur-of-the-moment fun, or buy a slot just for the afternoon to tap into the fun.

If you've thought about booking before but haven't been sure, check out our many five star reviews! Now's the perfect time to give the gift of fond memories, starting at just £17. 🌟 Visit us at <LINK> to join the adventure. 🌟

A Hero's Quest Awaits!

Free Afternoon? Visit Us!


Delight, Surprise, Excite

## Your Adventure Starts Here


Think back on what you remember most as a child. What comes to mind? Days skipping school to spend time with mum or dad? Feeling like an adult after being given your first real allowance? What about fighting monsters, rescuing princesses, and saving the day?

Fern's Castle at Hobbledown is the ideal place to give your little wonderer the gift of being a kid. Fern the fairy is trapped, and your little one can be the one to save her! As they storm the castle by climbing, tunneling, and fighting their way to Fern, they'll be delighted by what used to delight you, all those years ago. If you've thought about taking your little ones to Fern's castle but still haven't, now's your chance! Tickets start at just £17, and many options are available to choose the best experience for your family. Want to remember the fun? Visit us at <LINK.>

Ahhh, there's nothing like a clean floor after dirty shoes, muddy paws, and grimy gear have made their home, your home. But is that floor you've spent hours mopping *actually* clean, or does it just smell like chemicals? With the unmentionable amounts of grime that probably still live on your floors, sometimes only steam can get things fresh and clean again.

Say no to dirty floors and hello to a spotless, sanitized home using ONLY water. The Smart Living Steam Clean Mop has everything you need for clean, disinfected floors thanks to continuous, high-temperature steam that kills 99.9% of germs and bacteria. Give us 20 mins, half a cup of tap water , and you'll never go back to scrubbing on your hands and knees again. Trust us, we'll blow your mind. ✨ Visit <LINK> to start using your elbow grease somewhere else. ✨

Weren't the cleaners just here yesterday? Why do my floors feel gritty and sandy, and why are my socks black again? 😞

Though you woke up to a clean smelling home, the floors may not have gotten a good cleaning at all. That's the trick that big-name, big-fragrance cleaning products won't tell you: smelling clean isn't clean. The Smart Living Steam Clean Mop delivers a spotless clean ✨ WITHOUT ✨ harsh chemicals, soaps, bleaches, or other household cleaners, giving it no reason but to leave your floors sparkling, using nothing but tap water . Save your allergies, your family members, and your pets from possibly toxic cleaners, and get your floors spick-and-span the easier way. Tap the link to start getting sanitized floors, stat.

Cinderella, is that you? We see you, on your hands and knees, scrubbing floors after your kiddos and woodland animals have tracked mud in the house. Don't be like Cinderella. Who needs a Prince Charming when you can have a Smart Living Steam Clean Mop to save the day, instead?

Now instead of slaving away, hunched over a stubborn stain on the carpet or mark on the linoleum, you can just say you spent all day cleaning (when you really spent it taking a nap). Your family and guests won't know the difference, and you can get back to doing what you do best, which really shouldn't be cleaning. We get it. Nobody likes to clean, but maybe it's possible to hate it a little less. Especially when the floors look this good. Tap the link to start making cleaning less of a pain. You deserve it.

Of course, you know that mopping is a necessary household chore. But one way to keep your home feeling fresh and clean is by giving your floors a good steaming every few days. Stretch those pennies and stretch the time between professional cleanings, the non-toxic way. Does the twice-weekly task of lugging heavy buckets of mop water around turn your stomach? Ditch the unwanted workout and switch to the Smart Living Steam Clean Mop instead. We get it. Nobody *likes* to clean, but maybe it's possible to hate it a little less. ✨ Clean all your hard surfaces in one go, whether your home has wood, tile, laminate, marble, or cork. ✨  
Make cleaning less of a pain, the natural way, at <LINK.>

Nosy neighbors ✖, company who overstays their welcome ✖, door-to-door salesmen ✖. Nobody likes an unwelcome guest. But sometimes unwanted intruders can leave a particular... stink... that makes them even harder to bear. Nasty smells can live in your home for much longer than you bargain for – in your carpets, furniture, and even bedding.

Give the softer surfaces in your home a little extra TLC with the Smart Living Steam Clean Mop. This one-of-a-kind product not only sanitizes floors with just water and steam, but it's effective enough to tackle nasty carpet smells, stinky furniture, and even dingy bedding that still reeks, wash after wash. ✨ Banish those bad smells, once and for all, the safer way, by picking up your new best friend at <LINK.> ✨

Quick! Company is coming over and the house smells... stale? Gross? Off? Open the window, spray some kind of room deodorizer to mask the stink, and hope nobody notices. But once the guests leave and the air perfume dies down, what are you left with? There's still that lingering, unpleasant smell that you wish you could get rid of for good. 🚫

Maybe the problem is the chemicals? Sure, Fresh Rain smells good – for about an hour – and leaves behind sore throats, sneezing kids, and that chemical-y taste that ends up in your food and drink. Stop relying on toxic chemicals and harsh cleaners to make your home feel truly fresh, and steam the stink away instead. The Smart Living Steam Clean Mop harnesses the power of high-temperature steam and JUST water to banish dirt, grime, stink, and unpleasant smells, every time. 😊



🌟 Visit <LINK> to start making your home smell good forever. 🌟

It's been a long day, and you walk in the door and smell something horrible. You wonder, horrified, "Is that what my house smells like all the time?" 😞

We hate to break it to you, but what you're smelling might be moldy carpet, or mildewed laundry, or even funky furniture or bedding. There are just those smells that don't seem to fade, no matter how many times they get scrubbed, sprayed, or sopped up. Maybe it's time to start getting to smells at the source? The Smart Living Steam Clean Mop can break up pet stains, food stains, and dirt, grime, and bacteria with the power of super-hot steam. We don't rely on harsh chemicals because we don't need them. 🌟 Our mops deliver a superior clean with no residue, no trails of water, and best of all, cause NO damage to your home's surfaces. 🌟 Tap the link to order yours now!

High Temperature, High Performance

Your Mopping Routine Just Got Easy

Tackle this back-to-school season with the power of elderberry. At Sambucol, we believe your immune system carries you through the rest of your life. And little ones heading off to school are especially vulnerable to getting sick

Help your little ones conquer going back to school with a balanced immune system. At Sambucol, we believe that the power of elderberry (one of nature's most powerful superfruits) can benefit the entire family. Our defense-boosting products are packed with vitamin A, C, and E and are packed with more free-radical-fighting ingredients than cranberries, blueberries, and pomegranates. What better way to start off the school year than with a supported immune system?

Visit <LINK> to start protecting you and your family, this season.

This fall, don't let pesky sniffles and sore throats upset your child's progress in school. Sambucol Black Elderberry products are formulated to support your entire family, from infancy to adulthood. The immune system is at the center of your health, and we believe in providing support year-round, no matter what. We have been harnessing the power of nature and science for decades to create the most potent, highest-quality elderberry products on the market. Add these Sambucol products to your immune support system at <LINK.>

Small Berries, Huge Benefits

## Protect Your Little Ones This Fall

Back-to-school season is tough for a lot of reasons, but don't let illness be one of them! Sambucol Black Elderberry products can get your kids off on the right foot when it comes to being back in school. Whether your family uses the gummies, drink powder, syrups, or drops.

Black elderberries have been used for thousands of years, due to their powerful immune-boosting properties. They are packed with antioxidants to help fight free radicals and support health at a cellular level. This back-to-school season, arm your kids with the power of nature as they tackle schoolwork, class duties, and extracurricular activities. We carry syrups and gummies that are made for kids and are easy on little tummies.

Take control of your fall, by shopping now at <LINK.>

## From Infancy to Adulthood

Give your littles the gift of all-around immune support! Whether you use our syrups, gummies, tablets, or drink mixes, the power of elderberries can provide no-brainer protection from the pesky sicknesses kids sometimes bring home from school, sports, and staying with friends.



As parents, we never plan for our kids to get sick, and we hope our families are protected with balanced diets, exercise, and getting enough sleep. But sometimes, things don't go according to plan. Let the power of the elderberry fill in the cracks in their routines, the simple way. 🙌

🌟 Shop our full line of poppable, drinkable, and chewable products at <LINK.> 🌟

Want a print in your home or for your business that feels *truly* custom? Get Things Printed specializes in bringing your ideas to life without having to make them at home! 🏠

Full-color printing, varnish application, art design services, kitting, you name it, we offer it.



We've helped hundreds of customers create signs for their homes or businesses and add logos to merch or other items. Oh, and we LOVE custom orders!

🌟 Visit us at <LINK> to help us help you. 🌟

Looking for....

custom art prints?

full-color printing?

gifts for teachers, fathers, or other special people in your life?

Get Things Printed is passionate about providing customers with the best printed products on the market. We started in 2019 to create a truly custom print shop. When we say custom, we mean it. No order is too big, too small, too complicated, or too out of the box for us and our shop. We handle everything from personal to business requests and we aren't happy with our work until you are. Contact us today for that custom project you've been putting off. We'll get it done. Tap the link to get more info.

Sometimes, when you have an idea, the best way to bring it to life is by having it hanging on your walls, or made into a piece of jewelry, or made into a coaster. Does that sound daunting? Are you looking at that Cricut in the corner and cringing as you're reading this right now? Get Things Printed can help you take those big ideas and make them real! We specialize in printing projects of all shapes, sizes, colors, and levels of complexity. Want something done right? Send it our way. Visit us at <LINK.>

Have a Print Project?

We'll Handle Your Print Needs

Gifts, Signs, Prints

Make it Truly Custom

[Insert Custom Print Here]

Homeowners in the Harrisburg area, we want to save you and your home from the dangers of mold. Mold can live on almost any surface exposed to water, which may mean it's making a home in your kitchen, bathroom, or basement. Mold can cause everything from allergies and respiratory issues to painful rashes and constant headaches.

Don't wait until you start smelling mold in your home. Call a pro to get it out and catch it at the source! 1-800-Water Damage is committed to keeping you and your family safe from mold by removing it quickly, safely, and reliably.

Save your health, your time, and your property by calling us for a free estimate for mold cleanup today! We've been serving Harrisburg homeowners for years, and we believe in going the extra mile to keep our community safe. 🏠

🌟 Check out our many five-star reviews, and schedule your free mold cleanup estimate with us today by tapping the link. 🌟

Mildewed carpets, soggy drywall, rotting wood. 🤢

Does this sound like your home? If so, you may be growing mold in your house that needs to be dealt with. 🏠

1-800 Water Damage has been proudly serving the Harrisburg, PA area for years by kicking mold to the curb. Mold not only smells bad, but it's potentially harmful for your health and can give you all kinds of respiratory issues. 🚫

If you find mold on your property, inside or out, give us a call. Our team of trained professionals will assess the damage, contain the mold, and treat the problem to get rid of it for good.

🌟 Get rid of mold, once and for all, with the pros. Call us today or visit us at <LINK> to schedule your FREE at-home estimate. 🌟

House Smelling Like Mold?

Banish It for Good, Safely

A Mold-Free Home is A Healthy Home

Schedule Your Free Consult Today!

We restore what matters most.

Manage mold safely.

Whether you're a certified mechanic, car enthusiast, trucker, or farmer, Heavy Duty Pros has the unrivaled selection of high-quality replacement parts, upgrades, and repair solutions for you (that you won't find everywhere else.) 🚚

We carry parts from Caterpillar to Perkins to Mitsubishi and we'd love to get you connected to the pieces and services you need. More of a DIY person? We can get you started and send you on your way. Need something fixed but not sure if you have the time? Let us take care of it. We have over 100 years of engine-building experience among us, so chances are, we've seen everything there is to see. 🛠️

We offer free shipping on all orders over \$1500 and on select parts. Visit <LINK> for more info. ✨

HDP is your one-stop-shop for all things parts, service, mechanical help, and excellent customer service. We've got over 100 years of engine-building experience within our walls and we're dedicated to getting your vehicles fixed properly on the first try. 🔧

We work hard to keep our prices low, our services competitive, and our technical sales people the best in the biz. We're used to solving problems, and whether you'd like to fix yours on your own or bring them in for us, we'll make sure you're happy when you leave. 🚚

From weekend maintenance to full-blown engine swaps, we'll get you set up in the right direction (and with the best products) to get the job done right.

👉 Visit us at <LINK> to shop our massive collection of parts, or just to chat. We offer free shipping on orders over \$1500. 👉

Have an Engine Problem?

If You're a Car Person, Keep Reading

Parts, Service, Years of Experience

HDP Has You Covered

Caterpillar  
Cummins  
Detroit Diesel  
John Deere  
Mitsubishi  
Perkins

As a new or first-time mum, it can be hard to know which products are the most effective for post-partum care. Thankfully, we've done the work for you! Upspring exists to build the next generation of mighty mums who are educated, empowered, and cherished. 🧑‍🍼 This holiday season, you can celebrate with ease with our Milkscreen Test. These science-backed tests detect alcohol in breastmilk to give you peace of mind, no matter where you are. ✨ This is the first at-home milk screen test in Australia, and takes only two minutes to get results. ✨

Get 50% off this at-home test plus any of our other products, and free shipping on orders over \$50. Happy holidays, mum. You deserve it. 🎄 Tap the link 🖱️ to shop now.

Your postpartum underwear just got an upgrade. Meet the UpSpring C-Panty, the ONLY patented c-section underwear to help you on your road to recovery. 🧑‍🍼 Built with medical-grade silicone to minimize itchiness, scarring, and the chance of infection, the C-Panty provides comfortable support and compression without Velcro, straps, or hooks. ✨ During our Christmas sale, we're offering 50% the C-Panty (and other products) and free shipping on orders over \$50. ✨ Visit <LINK> to shop! ❤️

New mums, want a gift just for you? UpSpring's Shrinkx Belly Wraps are designed to give you core and back support (while minimizing swelling and inflammation) during your postpartum journey. 😊 These wraps are meant to be worn after delivery to maximize results, and can be worn day or night. Get a head-start on your healing and enjoy 50% off, on us, during our Christmas sale. 🎁 ✨ All orders over \$50 get free shipping. Order yours today at <LINK> to put your postpartum healing first! ✨

Stop Postpartum Swelling in its Tracks

... for 50% Off!

This Christmas, Celebrate Worry-Free

Our Tests are Simple, Fast, and Effective

## Recovering From a C-Section?

### Meet the C-Panty, Mum

Homeowners, do you have a wall in your house that is screaming for an upgrade?

😞 Sometimes standard canvas prints just... don't cut it. Think outside the box and instead opt for a metal print. Metal prints are bright, modern, crisp, and appear to float off of the wall they're displayed on. 🖼️

Claire Bunn Photography offers a variety of metal print sizes, so you can create a gallery wall with many prints, or keep one large print as the focal point. Want an idea for a perfect gift or housewarming present? ✨ Order a metal print today for yourself or a loved one for an instant wow factor! Shop now at <LINK> to upgrade your space. ✨

## Is Your House Missing Something?

### It May Be a Metal Print

Beautiful, modern, memorable.

Headline: An Estimated 80% of Birthing Parents Will Experience an Injury During Labour or Childbirth

Subhead: Learn How to Can Get the Support and Care Appropriate for You

CTA Button: Return to Form

Subhead: Take Control of Your Postpartum Journey With Targeted Care and Knowledgeable Professionals

Body: Traumatic birth injuries often need more than the basic level of care and have specific nuances that don't make them "one size fits all." This is why Return to Form is dedicated to helping new parents gently and deliberately navigate postpartum health. Every birth situation is different, so every care plan should be different, too. You may not know what kind of care or support is the best fit for you. We have been proudly serving the Ponsonby and Wynyard Quarter communities for over 12 years. We don't want to just cover up your problems, but instead treat them at the source!

To help cut through the confusion that often comes with new parenthood, Return to Form specializes in getting our patients the best care possible. Zee Sharif, our senior physiotherapist, has been working with the new parents of Auckland for over a decade. Her extensive understanding of pregnancy and pelvic floor health have allowed her to change

the lives of hundreds of parents with her gentle, holistic approach to better body health. She is passionate about making positive differences in people's lives while improving strength, minimizing pain, and creating more body confidence. She strives to prepare expectant or new parents for what lies ahead by helping their bodies work for them, not against them. With her approach and a thoughtful mix of acupuncture, Pilates, and general physio techniques, she tailors treatment plans to fit her patients' needs to provide relief and comfort.

If you are injured due to a birth injury, or would like to meet with Zee, there's no need to pay for treatment before speaking to us. Let Return to Form register your claim and provide the specific treatment you need in our safe, comfortable facilities.

Based on recent legislation, the specific list of injuries covered by the ACC has been expanded and you may fall into the category. Birthing parents may also be considered for coverage if they suffered other mental or physical injuries in childbirth. Childbirth injuries currently covered by ACC include the following:

- Anterior wall prolapse, posterior wall prolapse, or uterine prolapse
- Coccyx fracture or dislocation
- Levator avulsion
- Obstetric tears
- Obstetric fistula
- Obstetric haematoma of pelvis
- Post-partum uterine inversion
- Pubic ramus fracture
- Pudendal neuropathy
- Ruptured uterus during labour
- Symphysis pubis capsule or ligament tear

Improve your postpartum experience and overall quality of life with Return to Form. We believe in total-body rejuvenation, reducing pain, and helping you reclaim your body with our treatment services. Call us today for a free consultation and to determine which is the best course of action for you. Visit [<LINK>](#) for more information, and let us make a difference to you and your life.

CTA Button: Improve Your Quality of Life

**Headline:** An Estimated 80% of Mothers Will Experience a Birth Injury During Labour or Childbirth



**Subhead:** Get ACC-Funded Care and Take a Faster Road to Recovery With Our Expert Physiotherapist

**CTA Button:** Learn More Now

**Subhead:** Don't Let Your Birth Injury Impact You Any Longer

**Body:** Traumatic birth injuries often need more than the basic level of care. They may have specific nuances that don't make them "one size fits all." Things like prolapses, tears, dislocations, and other labour and birth complications may not heal on their own without the help of a trained eye and a gentle approach.

Return to Form is dedicated to helping new mothers recover from birth injuries by getting them the specific care they need. Our senior physiotherapist, Zee Sharif, is an expert in this area and has been helping hundreds of new mothers heal from birth injuries for over 13 years. Her care will come at no cost to you, as it is now covered by ACC.

Zee's extensive understanding of pregnancy, pelvic floor health, and postnatal care has allowed her to greatly improve the lives of hundreds of new mothers. She is passionate about making positive differences in new mothers' lives while improving strength, minimizing aches and pains, and creating better body confidence with safe movement and exercises. Zee uses a mixture of acupuncture, Pilates, and other general physio techniques to tailor a treatment plan that best fits her patients' postpartum needs. She is very hands-on when it comes to helping the body heal. Zee has experience treating patients with the following:

- Bowel and Bladder Incontinence
- Vaginal Prolapse, Uterus Prolapse, Bowel Prolapse, Bladder Prolapse
- Pain during sex
- Bladder Pain
- Overactive bladder
- Obstructive defecation
- Constipation
- Pelvic Organ Prolapse
- Pelvic Pain (e.g. Endometriosis, Prostatitis, Interstitial Cystitis, Painful Bladder Syndrome)
- Sexual Dysfunction/Pain and Sexual Trauma
- Rehabilitation for Pelvic Surgery
- Visceral Mobilisation- for internal scarring/dysfunction
- Pre and post operative rehabilitation

If you suffered a birth injury from labour or delivery on or before October 1, 2022, let us at Return to Form submit a claim on your behalf. Zee can then build a treatment plan that have the biggest impact possible. Birth injury and aftercare are now covered by ACC, including prolapses, dislocations, tears, haematomas, and more. Now, new mothers have access to care earlier and may begin to recover faster and with more confidence.

**CTA Button:** Book an Appointment Now

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Mold, dirt, germs, and bacteria are so 2022. Spend your new year doing more of what you love and less of what you don't. Order your Steam Mop today and steam your grime away, at <LINK>. 🧹

"I wish I did this sooner." "Having someone supervise my parents' exercise when I'm not there has been a huge weight off of my shoulders."

If this sounds like you, and your aging parents are suffering from pain, stiff joints, and poor balance, there's a better way.

Dr. Raj Padalia, DPT, is the founder and creator of the Healthy Parents program. This program is designed to give your aging parents the tools to stay flexible, pain free, and strong, while giving you peace of mind.

Each at-home webcam program focuses on strength and flexibility to lessen pain from arthritis and other ailments. Give back to the ones who have given so much to you with a risk-free, one-month trial of the Healthy Parents program. We offer a money-back guarantee if it's not a right fit. Help support your loved ones with better tools for the future at <LINK.>