

# GREATER HARTFORD WELLNESS NEWSLETTER

VOLUME 1 / ISSUE 1

**INSPIRING AUTHENTICITY IN EVERY INDIVIDUAL**

## UPCOMING EVENT

Dr. Webb will be co-hosting a workshop called "Where am I, How did I get here & Where am I going?" with DJ Horn, LPC, PT, LMT CST on **Friday April 21st and Saturday April 22nd**. This workshop is for adults who are interested in exploring how to achieve greater life satisfaction. Dr. Webb and DJ will lead you on an introspective journey to unlock your potential. For more information, please view the attached flyer. To register, contact Ingrid at 860-462-7678 or [Ingrid@greaterhartfordwellness.com](mailto:Ingrid@greaterhartfordwellness.com)

**MARCH 24, 2017**

Dear Clients,

Greater Hartford Wellness is proud to present our first newsletter! We hope to make this a quarterly habit. In this installment, we will update you on all the exciting things that are happening in the practice.

***Disclaimer:*** Greater Hartford Wellness is committed to growing and providing services that serve your needs and we want this newsletter to be helpful to you. Please share your feedback and suggestions to help us improve. Additionally, please note that we will respect your privacy and we will never share your email. If you are not interested in receiving these kinds of emails, please reply and let us know.

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## *A Moment with Dr. Webb*

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Dr. Webb has been keeping busy seeing her clients but what else has she been up to?

- In collaboration with DJ, Dr. Webb has been planning the April workshop. She and DJ are excited to present this dynamic workshop; come prepared to learn and have fun!
- Dr. Webb flew to Dallas, TX to attend a business seminar in February. She learned some great new ways to grow Greater Hartford Wellness by providing additional services in the future.
- In case you missed it, here is the link to one of Dr. Webb's articles that was published by Generating Winners in October 2016: <http://www.generatingwinners.com/i-just-dropped-my-child-off-to-college-what-am-i-supposed-to-do-now/>. More articles are in the works!
- Outside of work, Dr. Webb has set a personal goal to participate in a Half Ironman Triathlon in July 2017. She is training hard to make this goal a reality.



*DJ Horn, workshop co-presenter*



Ingrid Kania, Office Manager

# DIY GRANOLA GUIDE

A step by step guide to customizing your perfect homemade granola!

**START WITH OATS SWEETEN & BIND**  
 GLUTEN FREE OATS *for gluten allergies* TRY MIXING PURE SWEETENER WITH NUT BUTTER!  
 INSTANT OATS *flakier/less clumps* PEANUT BUTTER - HONEY - ALMOND BUTTER - AGAVE - CASHEW BUTTER  
 TRADITIONAL OATS *more/bigger clumps* MAPLE SYRUP - COCONUT PALM

**FRUITS & NUTS OTHER ADD INS**  
 ALMONDS DRIED PINEAPPLE 60% CACAO CHOCOLATE CHIPS  
 APRICOTS DRIED RASPBERRY CHIA SEEDS OR FLAX SEEDS  
 CASHEWS FRESH APPLE CINNAMON, NUTMEG, GINGER  
 CHERRIES GOJI BERRIES COCONUT SHRED OR FLAKES  
 CRANBERRIES GOLDEN RAISINS MINI CHOCOLATE CHIPS  
 DATES HAZELNUTS ORGANIC PROTEIN POWDER  
 DRIED APPLE MACADAMIA NUTS PEANUT BUTTER CHIPS  
 DRIED BANANA PEANUTS WHITE/MILK CHOCOLATE CHIPS  
 DRIED BLUEBERRIES PECANS VANILLA OR ALMOND EXTRACT  
 DRIED FIG PRUNE  
 DRIED MANGO RAISINS  
 DRIED PAPAYA WALNUTS  
 DRIED PEAR PISTACHIOS

**ESSENTIAL RECIPE**  
 MAKES 3 CUPS OF GRANOLA

DRY INGREDIENTS	WET INGREDIENTS
2 CUPS OATS	2 TBSP SWEETENER
1/4 CUP NUTS	2 TBSP NUT BUTTER
1/4 CUP FRUITS	1 TSP EXTRACT
1/4 CUP ADD INS	

**HOW TO USE IT**  
 \*STORE IN SINGLE SERV. BAGS/JARS & TAKE AS AN ON THE GO SNACK  
 \*MIX INTO YOUR FAVORITE YOGURT  
 \*EAT AS CEREAL W/ MILK OF CHOICE  
 \*WARM FRUIT CRUMBLE W/ COOKED FRUIT & A DOT OF WHIP CREAM

Heat oven to 350. Melt wet ingredients over low heat. Toss dry ingredients. Combine everything mix with your hands making clumps. Spread on foil lined sheet and bake 25 minutes.

Image via Pinterest

## Introducing...

Ingrid Kania, Greater Hartford Wellness' office manager. Ingrid joined the practice in August 2016 and is responsible for most administrative tasks except billing. Ingrid is happy to answer any questions you may have and if she doesn't know the answer, she will try to find out for you! Ingrid has a master's degree in public health and is a licensed massage therapist. Her personal values closely align with those of Greater Hartford Wellness and she believes that everyone deserves to take care of themselves so that they can take care of the people they care about most. To maintain balance in her life, Ingrid practices yoga daily, receives massage weekly and hikes as often as possible.

## From Our Kitchen to Yours

We at Greater Hartford Wellness value our health so we thought we would share a healthy and tasty recipe. After all, food is essential to our wellness. This is a guide to making your own granola.... Making your own is cheaper than what you buy in the store, and it does not contain any of the ingredients that you cannot pronounce! Have fun experimenting with your own preferences!! I like to eat my granola in a mug with almond milk for breakfast.

## Contact Us

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