

## THE LIVELY CLUB

Lively Memberships are the best way to save on services every month.

From wellness to aesthetics, members receive exclusive perks, priority access, and monthly savings that make self-care simple and consistent.

[Explore Memberships Here](#)

## WHAT'S COMING

- **Ribbon Cutting | March 23rd at 1:00 PM**  
Join us as we celebrate our **4th Business Anniversary** and officially commemorate Lively Integrated Health. Stop by for sips, treats, and a chance to connect with our team. We would love to see you there.
- **Learn with Lively | March 24th VIRTUAL at 6:00 PM**  
Join our **FREE** Virtual event and learn all about Gut Health.
- **March Madness Specials**  
We've got powerful specials for men and incredible treatments for women this month. Head to our website to see them all — you won't want to miss these March deals.
- **Refill Requests Now Live**  
You can now request prescription refills directly through our website — no phone call needed. Simple, fast, and convenient.

## TEAM MEMBER SPOTLIGHT

**Dr. Jessi Bramstedt, NMD**

We are excited to welcome Dr. Jessi to Lively Integrated Health.

Dr. Jessi earned her doctorate in naturopathic medicine in 2005 and is dedicated to identifying and treating the root causes of illness rather than simply masking symptoms. She specializes in naturopathic family care, pediatrics, gastrointestinal health, thyroid support, hormone imbalances, and autoimmune disorders.

Her passion for holistic healing and patient-centered care makes her a wonderful addition to the Lively team, and we are grateful to have her serving our community.



## TESTIMONIAL HIGHLIGHT

Love Lively Integrated Health! Kristin Porter's team is knowledgeable, welcoming, and truly listens. The whole experience has been smooth, and I finally feel like my hormones are being taken seriously. Highly recommend!

M Smith

## LIVELY REWARDS

Share Lively with a friend and you'll both earn \$25 when they book their first appointment.

It's our way of saying thank you for helping us grow this amazing community.

[START EARNING HERE](#)

# ALL THINGS LIVELY

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## MARCH MADNESS AT LIVELY

This month at Lively, we're highlighting our **Wolverine Stack** for men and women who train hard, stay active, or simply want to support strength, recovery, and long-term resilience.

The **Wolverine Stack** combines **BPC-157** and **TB-500** peptides to support muscle recovery, joint health, tissue repair, reduced inflammation, and even gut healing support.

Whether you're pushing your limits in the gym, staying active with family, or looking to optimize how your body heals and performs, this stack works with your body's natural repair processes to help you recover smarter and move better.

We're also focusing on **Physiq** this month to help build muscle, strengthen the core, and target stubborn fat, making it a powerful complement to performance and recovery support.

Schedule a consultation to learn which option is right for you and explore all of our March specials on our website.