MAY 2026

💙 Why Health Matters: So You Can Fully Enjoy Life

Last month, I shared more about my why—why I started Kinni Health & Wellness and why helping others pursue better health feels so personal to me. Since then, our family celebrated our daughter's wedding, and it was truly an unforgettable weekend filled with faith, family, friends, laughter, and so much gratitude. My heart is incredibly full after spending that special time with the people we love most.

One of my favorite moments? Dancing the night away and feeling good doing it. I wasn't exhausted or just trying to push through—I felt healthy enough to be fully present and enjoy every moment. That was such a powerful reminder of why I prioritize my health and why I'm passionate about helping others do the same.

Health is about so much more than symptom relief—it's about having the energy to fully show up for the moments that matter most 💙🧡

My Family, My WHY

What is yours????

LMNT SALE! 10% off all 30 count stick packs! (in clinic)

Kinni Health & Wellness

🌿 Growing to Better Serve You

I'm always committed to continuing my education so I can better support my clients at Kinni Health & Wellness, and I recently completed advanced training in Quantum Nutrition Testing that expanded my ability to dig even deeper into wellness opportunities. This training included a stronger focus on building healthier foundations before pregnancy, supporting healthy pregnancies and postpartum health, athletic performance and recovery, bone and joint health, concussion and brain trauma support, DNA testing insights, and so much more.

I'm incredibly excited to bring these expanded tools and knowledge into the clinic to help clients address root causes in even more personalized ways. I'll also be attending one more advanced seminar later this month and look forward to sharing even more exciting updates with you next month 💙🧡

🍋 Summer Hydration Favorites

Warmer weather means it's even more important to stay hydrated—and now there are a few fun new ways to do it. LMNT now offers three refreshing lemonade flavors available at Kinni Health & Wellness: **Lemonade** (a favorite from last summer), plus new **Pink Lemonade and Lemonade Iced Tea**. These can be a simple tool for workouts, travel, outdoor activities, sauna use, or busy summer days when you need extra hydration support. Many people don't realize symptoms like fatigue, headaches, dizziness, muscle cramps, and brain fog can sometimes be linked to dehydration or low electrolytes. The new **Lemonade Iced Tea** flavor also includes a gentle boost of caffeine (50mg), L-theanine, and antioxidants from organic black tea for steady energy without the heavy crash. A simple, refreshing way to support your body this summer ☀️💧💙🧡

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Kinni Health & Wellness

STRAWBERRY SPINACH SALAD (10 MINUTES)

Everyone loves this easy strawberry spinach salad recipe with poppy seed dressing! It's the perfect summer salad and takes just 10 minutes.

Scan this QR code with your phone's camera for the full recipe, including tips, step-by-step photos, and storage, or to save it to your account. You can also find it at: https://www.wholesomeyum.com/recipes/strawberry-spinach-salad-with-poppy-seed-dressing/

Prep 10 minutes **Total** 10 minutes

Author Maya Krampf from WholesomeYum.com

LOVE THIS SALAD! Summer FAVORITE

Serving size: 1 cup
4 cups Fresh spinach (whole or cut into small pieces)
2 cups Strawberries (sliced)
1/2 cup Goat cheese (crumbled)
1/4 cup Almonds (sliced, optional)
1/2 cup Mayonnaise (chosen brand)
1 tbsp Olive oil
2 tbsp Wild Honey
1 tbsp White vinegar (or apple cider vinegar)
1 tbsp Poppy seeds
1/4 tsp Sea salt

Combine the spinach, strawberries, goat cheese, and almonds in a large bowl or on a platter.

Whisk together all dressing ingredients until smooth (dressing can be made in advance). Thin out the dressing with water or additional oil if desired. Drizzle the dressing over the strawberry spinach salad and toss to serve. Alternatively, keep the dressing in a jar in the fridge and serve on the side

🌿 Upcoming Events: Learn, Connect & Prioritize Your Health

I'm excited to be part of two wonderful wellness events this month and would love to see you there! First, join me on Thursday, May 28 from 6:00–7:00 PM at Embrace Therapeutics for a free educational workshop: "Could Inflammation Be the Reason You Feel This Way?" We'll have a simple, eye-opening conversation about what inflammation is, why it shows up in so many symptoms, common root causes, and simple steps you can take to start feeling better.

I'm also thrilled to be a panel participant at Exhale: A Women's Event on June 12–13, where I'll be joining other incredible wellness providers for meaningful conversations around women's health and wellness. My daughter and I will also be there Saturday offering wellness screenings. It's shaping up to be a beautiful weekend focused on connection, restoration, and learning. Check out the event flyers for full details —we'd love to see you there 💙🧡

COULD INFLAMMATION BE THE REASON YOU FEEL THIS WAY?

JOIN US FOR A SIMPLE, EYE-OPENING CONVERSATION ABOUT INFLAMMATION —AND WHAT YOUR BODY MAY BE ASKING FOR.

SCAN HERE TO REGISTER SEATS ARE LIMITED

What You'll Learn:

- What inflammation is (in a way that makes sense)
- Why it shows up in so many ways
- Common root causes
- Simple steps to start feeling better

embrace therapeutics
MASSAGE & WELLNESS
Restore. Relief. Relive.

330 WEST MAIN STREET
ELLSWORTH WI 54011
THURSDAY: MAY 28 6:00-7:00PM
FEE: NOTHING, SIMPLY LEARN

Kinni Health & Wellness

CONTACT:BRANDI RAVERTY, MSN, RN
BRANDI@KINNIHEALTHANDWELLNESS.COM
KINNIHEALTHANDWELLNESS.COM
715-307-8422

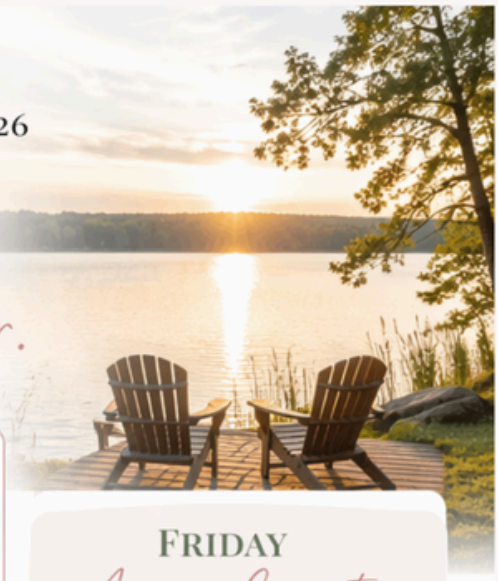
Click on **this Link** to register. Hurry, we are almost at max capacity

Exhale

A Women's Event

FRIDAY JUNE 12 &
SATURDAY JUNE 13, 2026

CROIX-VIEW FARM



Come as you are. Leave lighter.

THIS IS FOR YOU IF...

- You've been *feeling off*
- You're *carrying a lot*
- You need space *to breathe*
- You want real *connection*

TICKETS

FRIDAY ONLY
$40

SATURDAY
$129
EARLY BIRD $109

FULL WEEKEND
$159
EARLY BIRD $134

Spots are limited!
Grab your ticket today.

FRIDAY

Arrive + Connect
(OPTIONAL)

- Drinks + Apps
- Music Bingo
- Throwback Dance Party
- Vendor Preview + Networking

SATURDAY: THE EXHALE EXPERIENCE

START YOUR DAY GENTLY

- Breakfast + Vendor Market
- Yin Yoga
- Welcome + Intention Setting

REAL CONVERSATIONS THAT MATTER

- When Women Gather – Jeanne Daniels
- When You Know Something Is Off... – Marrie Simpson
- Burn the Old Playbook. Build Your Own. – Samantha Bluhm

PAUSE + CONNECT

- Lunch + Vendor Market
- Time to Reflect, Shop, or Simply Be

CHOOSE YOUR EXPERIENCE

- Nature Walk
- The 1010 Principle (tapping)
- Journaling
- It's Not "Just" You (Panel)

Or take time to wander, shop, or simply rest.

RESET + RELEASE

HypnoBreathwork: A Return to You – Laura Kistner

CLOSING EXPERIENCE

Sound Bath for Relaxation, Invigoration & Healing – Claire Marie Kohout

OPTIONAL AFTERGLOW

(4:30–7:00 PM)

- Pizza + Cash Bar
- Optional Outdoor Experiences
- Time to Connect
- Or Quietly Wind Down

Make a weekend of it!

Bring your besties and turn Exhale into a full weekend to laugh, restore, and reconnect. We'll be sharing local lodging options soon!

MORE DETAILS + TICKETS:

SLOW DOWN. CONNECT DEEPLY. BREATHE EASY.

Click on **this Link** to register. Early Bird Special almost over!