



SUMMER UPDATES & EXCITING CHANGES AHEAD

Summer 2026

Happy Summer!

I hope you've been enjoying these beautiful Wisconsin days and finding time to slow down with family and friends.

Our summer has been filled with up north projects, camper renovations, making memories with family, and helping Ramsey continue his healing journey. It's been busy—but in the best way!

Exciting Changes Behind the Scenes

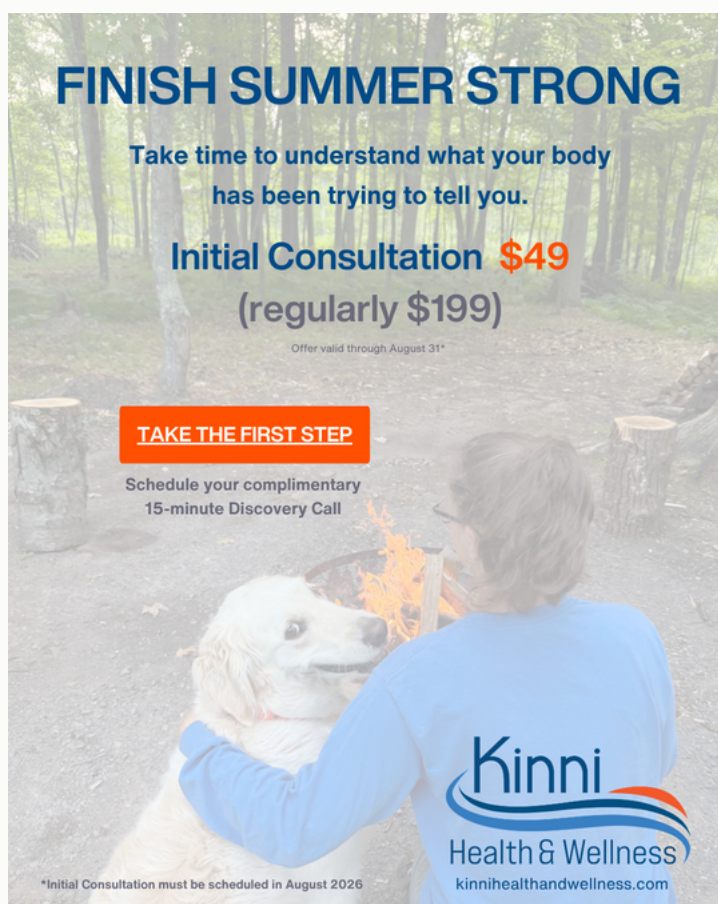
I've also been hard at work preparing something exciting for the clinic. Over the will make next few months, Kinni Health & Wellness will be transitioning to a new client software platform. This upgrade scheduling, communication, forms, and your overall experience easier and more convenient. As with any transition, there may be a few small hiccups along the way. Thank you in advance for your patience as we work through the process. I'll keep you informed of any important updates and appreciate your support as we continue growing to better serve you.

☀️ August New Client Special

Know someone who's been thinking about taking control of their health?

Throughout August, new clients can schedule their Initial Nutrition Assessment for just \$49 (regularly \$199).

If you've been waiting for the right time—or know someone looking for answers beyond simply managing symptoms—this is a great opportunity to begin.



FINISH SUMMER STRONG

Take time to understand what your body
has been trying to tell you.

Initial Consultation \$49
(regularly \$199)

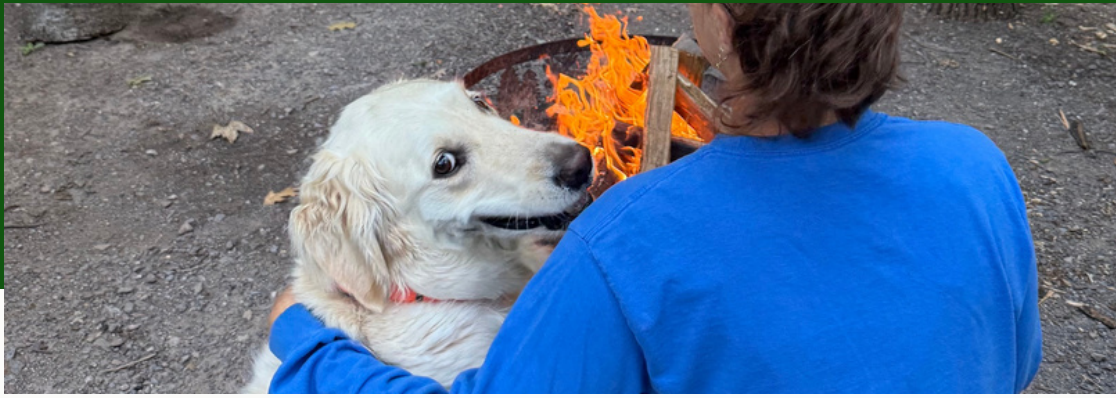
Offer valid through August 31*

TAKE THE FIRST STEP

Schedule your complimentary
15-minute Discovery Call

Kinni
Health & Wellness
kinnihealthandwellness.com

*Initial Consultation must be scheduled in August 2026



Wellness Corner

Calm Your Nervous System

Your body heals best when it feels safe. Taking just a few slow breaths before meals, getting outside, prioritizing sleep, and creating moments of calm throughout the day can support digestion, hormones, energy, and overall wellness.

Keep It Simple

Health doesn't have to be complicated. Focus on the basics:

- Eat real food.
- Stay hydrated.
- Move your body.
- Sleep well.
- Manage stress.

Small, consistent habits create lasting results.

Start With Your Gut

A healthy gut supports your immune system, mood, and energy. Nourish your "gut garden" with fiber-rich foods, plenty of water, mindful eating, and colorful fruits and vegetables. Every healthy choice helps your body thrive.

Coming This Fall

There's lots happening at Kinni Health & Wellness this fall!

September Workshop

When the Body Speaks: Exploring the Mind-Body Connection

New Client Experience

A Special Family Celebration

River Falls Community Education Classes

Thank you for allowing me to be part of your wellness journey. I truly appreciate your trust and the opportunity to walk alongside you as we bridge conventional medicine with holistic healthcare.

Wishing you continued health, a wonderful rest of your summer, and many moments to enjoy the season with those you love.

~ Brandi Raverty, RN
Kinni Health & Wellness



WHEN THE BODY SPEAKS:

EXPLORING THE MIND-BODY CONNECTION

Our bodies communicate in many ways—from physical symptoms to emotional responses. Join Brandi and Lisa for an evening exploring how stress, emotions, nutrition, and the nervous system work together to influence our health and healing.



Shine Your Light Now
LISA DEMPSEY



LIFE COACH
ENERGY WORK
HEALING TOUCH

TUESDAY SEPT 15
6:30-7:30PM

SCAN HERE
TO
REGISTER



St. Croix Valley
**BUSINESS
INNOVATION**
CENTER



CONFERENCE ROOM

1091 SUTHERLAND AVE, RIVER FALLS, WI, 54022

FEE: NOTHING, SIMPLY LEARN

Kinni
Health & Wellness

CONTACT: BRANDI RAVERTY, MSN, RN

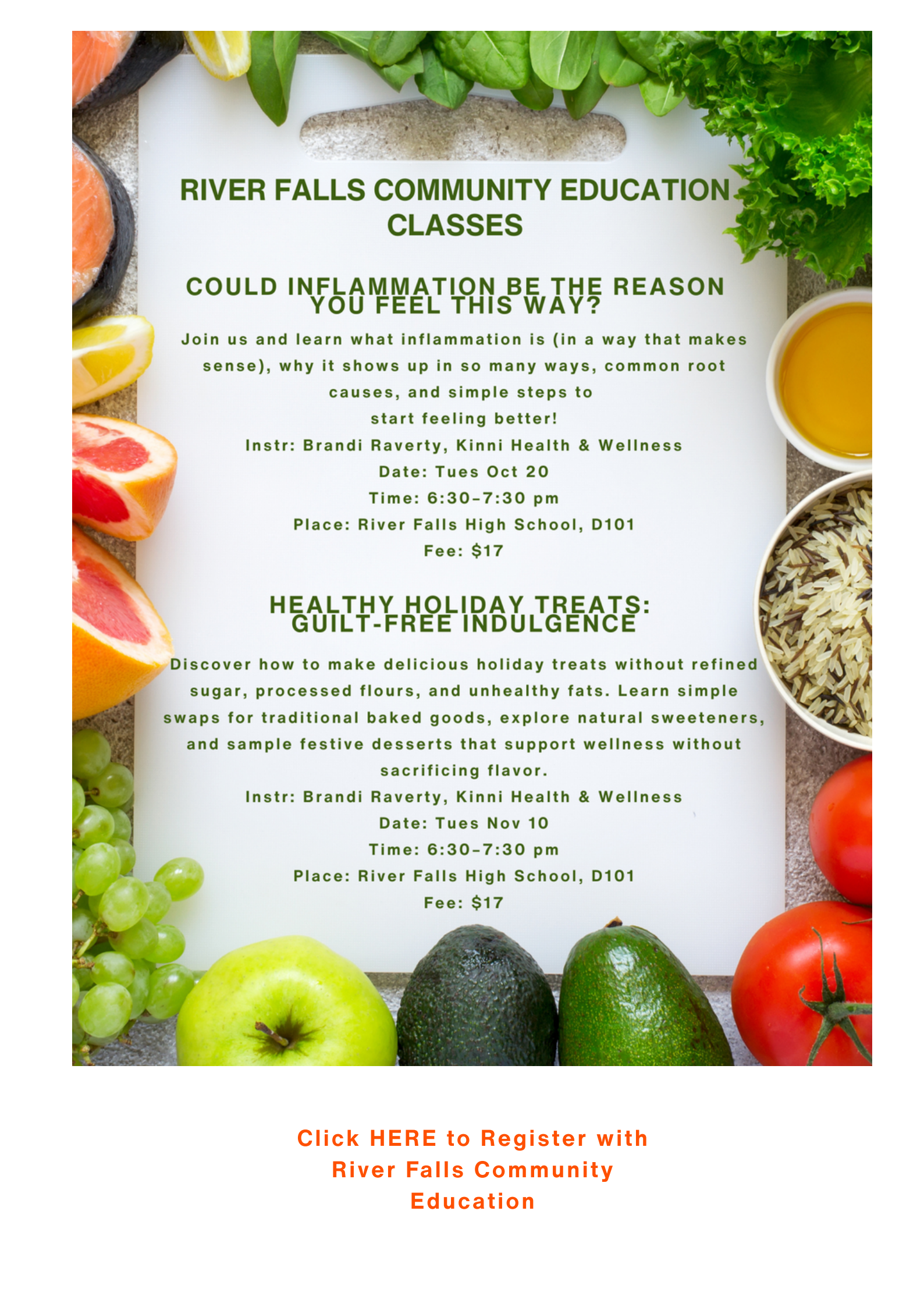
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☎ 715-307-8422



CLICK HERE TO REGISTER



RIVER FALLS COMMUNITY EDUCATION CLASSES

COULD INFLAMMATION BE THE REASON YOU FEEL THIS WAY?

Join us and learn what inflammation is (in a way that makes sense), why it shows up in so many ways, common root causes, and simple steps to start feeling better!

Instr: Brandi Raverty, Kinni Health & Wellness

Date: Tues Oct 20

Time: 6:30–7:30 pm

Place: River Falls High School, D101

Fee: \$17

HEALTHY HOLIDAY TREATS: GUILT-FREE INDULGENCE

Discover how to make delicious holiday treats without refined sugar, processed flours, and unhealthy fats. Learn simple swaps for traditional baked goods, explore natural sweeteners, and sample festive desserts that support wellness without sacrificing flavor.

Instr: Brandi Raverty, Kinni Health & Wellness

Date: Tues Nov 10

Time: 6:30–7:30 pm

Place: River Falls High School, D101

Fee: \$17

**Click [HERE](#) to Register with
River Falls Community
Education**