

**MONTH OF LOVE**  
**THEME: SELF-LOVE**



**RISE UP RESILIENCY CENTER**

**FEBRUARY**



# NEWSLETTER

**MAKING LIFE BETTER ONE SESSION AT A TIME!**



Note to Self

1) Rise with self-love  
2) Fill your cup first  
3) Self-love fuels resiliency

February Focus: Take care of you first, because your mental wellness matters!

## ACCEPTING NEW CLIENTS

Refer here!

**REFERRAL PROGRAM**



**ACCEPTING NEW INSURANCES THROUGH HEADWAY!**



## UPCOMING EVENTS



**Meditation Mondays**  
Starting February 10th

Meditation tip every Monday



## REMINDERS



<p><b>1</b></p> <p><b>Billing Inquiries: 2 WAY</b></p> <p>1: Email: <a href="mailto:billing@riseupresiliencycenter.com">billing@riseupresiliencycenter.com</a></p> <p>2: Secure Message Simple Practice @ Billing RURTherapy</p>	<p><b>2</b></p> <p><b>Communication with Clinicians:</b></p> <p>Use Secure Messaging via the Simple Practice portal.</p>	<p><b>3</b></p> <p><b>BLUEPRINT HEALTH APP</b></p> <p>Track your Check-in Daily to track symptoms and complete worksheets.</p>
<p><b>4</b></p> <p><b>Manage sessions</b></p> <p>Reschedule and Cancel Sessions through the simple practice portal.</p>	<p><b>5</b></p> <p><b>Cancellation Policy</b></p> <p>24 hour notice is required to avoid \$130 cancellation fee.</p>	<p><b>6</b></p> <p><b>Direct Text Messaging</b></p> <p>Sign the form to stay in the loop and get added to our list for upcoming events, contests and more.</p>

## VALENTINE'S DAY GIVEAWAY

How to enter:

Subscribe to the newsletter  
Follow, like, and comment on social media channels

Prize: **A 3-day, 2-night vacation**

**ENTER NOW**

**STARTING FEBRUARY 16TH, 2025**

ARE YOU READY TO GET YOUR ..... SPIRIT & MIND RIGHT & BODY TIGHT?

RISE UP RESILIENCY CENTER, LLC  
601 N. MUR-LEN RD, SUITE 12A  
OLATHE, KS, 66062

**# HASHTAG CAMPAIGN**

#SELFLOVE  
#RESILIENTLOVE  
#RURCTHERAPY  
#MENTALHEALTHMINUTES

**GIFT CARD**

**CALL TO ACTION**

LADIES, WHERE ARE YOU?

Sign up for the Get it Right Get it Tight Program!

**SIGN UP NOW**

Sign up to our newsletter!

**SIGN UP NOW**

**Stay connected!**

**MENTAL HEALTH MINUTES**

**JOIN ME WEEKLY**

AT 9AM ON

**LIVE**

For Mental Health Tips

With Sade

DATE FOR MONTHLY GIVEAWAY WILL BE FRIDAY, FEBRUARY 28TH, 2025 @9:00AM ON FB LIVE

RURC\_THERAPY  
STARTING  
FEBRUARY 10TH