

WILLOW HEALTH & WELLNESS

NOVEMBER 2025



A note from Willow

Hello Friends

As we move deeper into fall, many of us are recommitting to movement, mindful routines, and nourishing our bodies in new ways. Whether you've been flowing through Pilates at Forme Studio or soaking up self-care time at Willow, this season is all about balance and restoration- fueling the body, calming the mind, and building strength from the inside out.

This month, we're focusing on what comes after the workout — how to refuel, recover, and restore so your effort truly pays off.

Keep reading for this month's featured article on post-workout nutrition and red light therapy, a cozy Ayurvedic smoothie recipe, details about our upcoming Project Therapy event, and a few highlights from the Forme Studio community.



@willowhealth_wellness

3090 Belgium Road, Baldwinsville NY



Service of the month



Shine from the Inside Out with Red Light Therapy

At Willow Health + Wellness, we believe real wellness isn't one thing, it's everything working together. Red Light Therapy is one of our favorite ways to help your body recover deeply, restore balance, and recharge energy at the cellular level. This gentle, non-invasive light supports circulation, reduces inflammation, boosts collagen, and helps you feel more radiant - inside and out. Whether you're pairing it with Pilates, chiropractic care, or a skin treatment, it's the perfect reset for your body and mind.

Read the full blog post [HERE](#) to discover how red light therapy fits into Willow's whole-body approach to living well in every season.

Nutrition corner with Ayurveda for Modern Living

Refuel, Recover, Restore

You've finished your workout — *now what?*

What you do after exercise is just as important as the workout itself. Refueling properly helps your muscles recover, stabilizes hormones, and keeps your energy strong all day long.

In this month's blog post, Michelle Persechino-Samoraj, Nutrition Therapist at Willow Health + Wellness and founder of Ayurveda For Modern Living, shares simple, science-backed tips for post-workout nutrition and how red light therapy can enhance recovery, reduce soreness, and boost overall vitality.

Read the full article here → [Refuel, Rebuild, Restore: Post-Workout Nutrition for Women](#)

This Month's Nourishing Recipe

Feeling the chill after your workout or just craving something comforting? This Ayurveda-inspired Warm Golden Milk Smoothie is the perfect post-class companion - soothing, protein-rich, and infused with turmeric and cinnamon to support recovery and hormone balance.

Try the recipe [HERE](#) and bring a little calm nourishment into your day.



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Join our team!

Willow Health + Wellness still has treatment rooms available for rent. If you're a health or wellness practitioner looking for a beautiful, supportive space to grow your practice, we'd love to have you join our team. Email willowhwc@gmail.com to set up an appointment.

Mindful moment

“The quieter you become, the more you hear.” - Ram Dass
This month, make space for quiet moments - even a silent minute before a meal can shift your whole day. Taking time to pause and breathe before eating also supports better digestion, helping your body receive and process nourishment with ease.



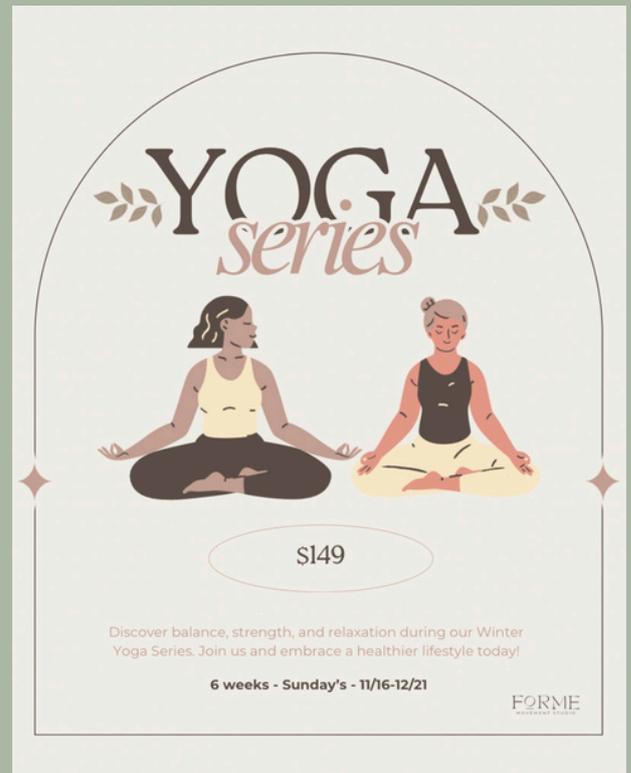
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Upcoming events:



Project therapy space

A poster for a 'YOGA series' featuring two women in a meditative pose. The text includes the price '\$149', a description of the series, and the dates '6 weeks - Sunday's - 11/16-12/21'. The logo 'FORME' is in the bottom right corner.

YOGA
series

\$149

Discover balance, strength, and relaxation during our Winter Yoga Series. Join us and embrace a healthier lifestyle today!

6 weeks - Sunday's - 11/16-12/21

FORME
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