

At The Nest

JULY 2026

*Supporting You Through
Every Season* 

At The Nest, we believe healing happens through education, movement, connection, and compassionate care.

Whether you're trying to conceive, expecting, navigating postpartum, raising little ones, or simply prioritizing your own wellness, we're so glad you're here.

Here's what's happening this month at The Nest.

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*Gentle care.
Whole-body support.*





July Events at The Nest



THURSDAY
JULY 2



Trying to Conceive Support Group *with Kate Manipon, C-FSD, CLC*

🕒 6:30 PM - 7:30 PM | 💰 Free | 📅 Next Meeting: Thursday, August 6

A welcoming, inclusive space for individuals and families seeking connection, support, and understanding throughout their fertility journey.

EVERY
MONTH!

EVERY FRIDAY
IN JULY



Strength & Play *with Emma Hess*

🕒 11:30 AM - 12:00 PM | 💰 \$25

Move, strengthen, and reconnect in this parent/caregiver-focused workout while little ones play safely nearby. Bond with baby AND care for yourself.

WEDNESDAYS
JULY 8-29



Little Explorers: Baby Group *with Rooted Together OT*

🕒 9:45 AM - 10:30 AM | 💰 \$140 for 4-session series

Sensory-rich play experiences designed to support development, connection, and early exploration for babies and their caregivers. Ages 0-12 months.

WEDNESDAYS
JULY 8-29



Little Explorers: Toddler Group *with Rooted Together OT*

🕒 11:00 AM - 11:45 AM | 💰 \$140 for 4-session series

Engaging sensory activities that encourage curiosity, development, and connection through play for toddlers and their caregivers. Ages 1-3 years.

SATURDAY
JULY 11



Starting Solids & Infant CPR *with Emma Hess & Courtney Engel*

🕒 10:00 AM - 11:30 AM | 💰 \$125 individual | \$175 per couple

Gain confidence introducing solids while learning essential infant CPR, choking response, and feeding safety skills.

NEW!

SATURDAY
JULY 25



Me, Mine & My Little: Partner + Baby Workout *with Emma Hess*

🕒 10:00 AM - 11:00 AM | 💰 \$30 per couple

This strength-focused fitness class is designed for caregivers and their babies (ages 0-1). Enjoy a full-body workout with your partner and little one!

Register Today! ♥

www.thenestwellnessco.com

or call/text (248) 962-3006



SCAN TO
VIEW DETAILS
& REGISTER





Why Sensory Play Matters ♡

*Supporting Little Minds,
Big Growth*



The early years are filled with discovery—and sensory play is one of the most powerful ways your child learns about the world.

Through hands-on exploration, babies and toddlers build the foundation for brain development, motor skills, language, regulation, and social-emotional growth.



BUILDS BRAIN CONNECTIONS

Sensory-rich experiences strengthen neural pathways that support learning, memory, and problem-solving.



SUPPORTS MOTOR DEVELOPMENT

Exploring textures, reaching, grasping, and moving helps build coordination and body awareness.



ENHANCES LANGUAGE & COMMUNICATION

Sensory play encourages curiosity, imitation, and interaction—key ingredients for early language development.



PROMOTES REGULATION & CONFIDENCE

Play helps little ones learn to manage emotions, problem-solve, and feel capable in new situations.



STRENGTHENS CONNECTION

Shared play creates meaningful moments that build secure attachment and caregiver connection.



Let's grow together.

Our Little Explorers groups offer a welcoming space for babies and toddlers (and their caregivers) to learn, grow, and connect through meaningful play. ♡



♡
PLAY IS HOW
THEY LEARN.

Little Explorers Groups

with Rooted Together OT



BABY GROUP (AGES 0-12 MONTHS)

📅 Wednesdays, July 8 – 29

🕒 9:45 – 10:30 AM

💰 \$140 for 4-session series



TODDLER GROUP (AGES 1-3 YEARS)

📅 Wednesdays, July 8 – 29

🕒 11:00 – 11:45 AM

💰 \$140 for 4-session series

BOTH SERIES INCLUDE:

Engaging sensory play ♡ Caregiver connection
Developmental support ♡ A welcoming community



Nurturing curiosity. Building connection. Growing together.



GENTLE CARE. WHOLE-BODY SUPPORT.

the
nest
wellness collective





The Habit GLOW UP Challenge

1 Habit a Week ♥ Small Changes ♥ Big Transformations

Ready to work on some foundational wellness habits together as a community and finish the summer glowing?

Let's do this—together! ♥



Registration
closes July 7th



Online Program
runs July 12th–Aug 22nd

- ♥ Accountability
- ♥ Education
- ♥ Supportive Community
- ♥ Special Discounts



SCAN TO
LEARN MORE
& REGISTER



A Community That Glows Together

This challenge is all about showing up for YOU—with the support of a like-minded community. You'll get encouragement, connection, and motivation every step of the way inside our private Facebook group.



Simple Habits. Real Education.

Each Sunday, you'll receive a new wellness habit with easy-to-follow tips, resources, and education to help you understand the "why" behind the habit and how to make it stick.



Stack Small Wins. Build Big Change.

We'll build momentum together—one habit per week. As you stack each new habit onto the last, you'll gain confidence, create consistency, and glow from the inside out.



Kimberly Kin, M.Ed, CHES
PERSONAL TRAINER &
HEALTH COACH

Kim brings her expertise in fitness, nutrition, and behavior change to help you reach your goals and feel your best.



Train & Thrive with Kim!

KIM SEES PERSONAL TRAINING &
NUTRITION CLIENTS IN OUR OFFICE
ON TUESDAYS.

We would love to book you with her! ♥

The Nest Flow Method

*Manual Lymphatic Drainage &
Nervous System Support*

Gentle care.

Whole-body support. ♡

A gentle, hands-on treatment designed to support lymphatic circulation, reduce swelling, and promote whole-body healing.



SUPPORTS LYMPHATIC FLOW

*Helps the body move fluid,
reduce puffiness,
and feel lighter.*



RESTORES & REBALANCES

*Encourages relaxation,
nervous system regulation,
and whole-body balance.*



WHOLE-BODY WELLNESS

*Supports immunity,
hormonal balance,
and overall well-being.*

WHO IS IT FOR?

- ✓ Pregnancy & Postpartum
- ✓ Surgical Recovery
- ✓ Fertility Support
- ✓ Swelling & Inflammation
- ✓ Stress & Nervous System Regulation
- ✓ General Wellness

*Now booking
appointments.*



Call or text to schedule:

(248) 962-3006



Find the Right Support

at The Nest ♥



TRYING TO CONCEIVE

- ♥ Pelvic Floor PT for Fertility
- ♥ Fertility Flow
(Manual Lymphatic Drainage)
- ♥ Trying to Conceive Support Group
- ♥ Functional Medicine with Integro Health
- ♥ Mental Health with The Phillips Clinic



You're not alone.

Support for your body, mind, and journey. ♥



PREGNANCY

- ♥ Pelvic Floor Physical Therapy
- ♥ Birth Preparation (1:1)
- ♥ VBAC Preparation (1:1)
- ♥ C-Section Preparation (1:1)
- ♥ The Nest Flow Method
(Manual Lymphatic Drainage)
- ♥ Therapeutic Massage



We're here for you.

From pregnancy through every step of birth. ♥



POSTPARTUM

- ♥ Pelvic Floor Physical Therapy
- ♥ The Nest Flow Method
(Manual Lymphatic Drainage)
- ♥ Strength & Play
(Mom & Little One)
- ♥ Me, Mine & My Little
(0-1 Years)
- ♥ Therapeutic Massage
- ♥ Functional Medicine with Integro Health
- ♥ Mental Health with The Phillips Clinic



Healing looks different.

Compassionate care for every stage of recovery. ♥



BABIES & TODDLERS

- ♥ Little Explorers Groups with Rooted Together OT
(Sensory Play & Development)
- ♥ Pediatric Pelvic Therapy
(Constipation, Potty Training, Bedwetting & More)
- ♥ Starting Solids + Infant CPR with OT & First Aid Training



Big support for little ones.

Helping them thrive from the inside out. ♥



WOMEN'S HEALTH AT EVERY STAGE

- ♥ Pelvic Floor Physical Therapy
- ♥ The Nest Flow Method
(Manual Lymphatic Drainage)
- ♥ Therapeutic Massage
- ♥ Functional Medicine with Integro Health
- ♥ Mental Health with The Phillips Clinic
- ♥ Nutrition Support
- ♥ Menopause Support



Whole-person care.

Supporting your health through every season. ♥



Supporting you through every season.



GENTLE CARE. WHOLE-BODY SUPPORT.

the
nest
wellness collective

