

Kristin Day 3



Taking a breather after a morning of intensive treatments.....

Today has been a good day. The entire day is chock full of one type of therapy after the other. So, it's a full time job. But, in this case that's a good thing. This photo was right before lunch. Lunch included mahi mahi. Every meal they serve is aimed at healing and nutrition, and they make and serve it in the most delicious way.