

LETTER FROM DR. G



Hey everyone,
Welcome to 2026 — and welcome back.
This is our first newsletter of the year, and we wanted to take a moment to reset, reconnect, and share what's already been happening at Connect.

We've hit the ground running and are genuinely excited about what's ahead. We kicked things off with our first workshop alongside the Lightning Run Club, where we focused on how to recognize pain early, understand what's actually going on in the body, and keep pain from becoming a long-term issue. The goal wasn't quick fixes — it was education, awareness, and getting to the root cause. If you missed it, we'll be sharing a YouTube link soon so you can watch when it works for you.

We also had a great table event at HotWorx in Santa Rosa — shoutout to Dr. Mylee and Sienna for absolutely crushing it. These community moments matter to us, and you'll be seeing more of them this year.

Speaking of Dr. Mylee — she's officially seeing patients, her schedule is already filling, and she's fitting right into the Connect family. If you haven't met her yet, make sure you do.

One thing we want to do more of this year is hear from you. If you reply to this email with questions — about pain, movement, recovery, or routines — we'll start sharing answers back with the community.

As we settle into the winter months, here's your reminder: build routines that support you. They don't have to be perfect — they just need to be consistent.

We're grateful you're here and excited for what 2026 has in store.
— Dr. G



DR. MYLEE MODE



Hey y'all,
I'm so grateful to be a part of the Connect team and community, and I wanted to take a moment to properly introduce myself. I was born and raised in Hayward, California, and moved to Sonoma County in January of 2024

At the core of everything I do — both as a chiropractor and as a human — is a simple purpose: to educate myself, my family, and the community on what it truly means to be healthy. Not just what health looks like, but what we value about it and how we can realistically optimize it in our everyday lives.

I wasn't a natural-born athlete growing up. In many ways, that's what sparked my curiosity about human performance, the mind-body connection, and how people can build resilience in ways that actually feel sustainable. That curiosity eventually became my career — and my passion.

Today, I love helping overwhelmed people break health, movement, and recovery down into simple, digestible steps. I say that as a recovering overwhelmed person myself.

If I can leave you — the reader — with one thing, it's this:
Congratulations on being part of the Connect family, even if that simply means receiving this newsletter. That alone tells me you value your health and are actively seeking ways to improve it. Awareness and intention are always the first step.

If you ever have questions, please know that I genuinely love connecting and talking with people. I'd also love to invite you to my next community event:

Monday, January 26th

📍 24 Hour Fitness – Rohnert Park

I'll be there alongside other local small business owners and their teams, and it would truly be an honor to share a moment of your time and presence.

Take care of yourselves,
and I'll see you real soon.

— Dr. Mylee



WHAT'S COMING UP

Upcoming Events

We're planning more workshops and community events this year — almost every month.

Here's what's coming up:

- Workshop in February (details coming soon)
- 🤝 Community pop-ups & table events
 - Monday, January 26th 📍 24 Hour Fitness – Rohnert Park
- 🧦 Annual Sock Drive — kicking off at the end of February

If you miss something, keep an eye on the Upcoming Events section in future newsletters — we'll always keep you posted there.

JOKE OF THE MONTH:

**WHY DON'T
CHIROPRACTORS LIKE TO
GOSSIP?**

**THEY PREFER TO KEEP
THINGS STRAIGHT!**

