



Catalyst Connection

Inner Health. Outer Beauty. Positive Change.

HEARING IS BELIEVING

“Due to a childhood accident, my hearing was severely damaged at a very young age. So after 25 years of missing out on the finer things in life and with the convincing of my wife, family and friends, I thought it was time for a change.

My wife had heard that there was a new clinic that had opened, so we thought we would give Catalyst a try. After meeting with Dr. Bolda, I learned that I had about an 80% loss of hearing in my left ear and 40% in my right. With their help the world is a whole new place for me.

All my family and friends say I'm a different person now; they say I'm more alert to my surroundings, more sociable and fun to be around! It really makes me think about all the things I have missed out on in life.

I can't say "Thank You" enough to Dr. Bolda and Catalyst Medical Center for changing my life forever, you're the best! 🌟🌟

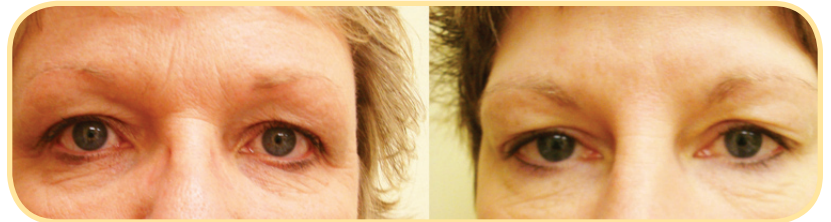


Paul Nelson & his wife Shanna

BLEPH BUDDIES

“My experience at Catalyst with Dr. Susan Mathison was wonderful. I recommend the eyelid surgery to everyone, since it has made me feel less tired and look great at the same time. Dr. Mathison and her staff were friendly and professional throughout my surgery and visits—they were awesome! 🌟🌟 —Theresa S.

“I love the results of the eyelid surgery I had done. My experience with the staff and Dr. Susan Mathison was great and would highly recommend them. 🌟🌟 —Pam D.



Before (above) After (below)



“Learn everything you can, anytime you can, from anyone you can - there will always come a time when you will be grateful you did.”

—Sarah Caldwell (founder of the Boston Opera Group)

ACNE ON- AND OFF-AIR

“Working in radio on FM 105.1 I spend a lot of time in the public eye, so that means a lot of face-to-face time. However, my face has had a good share of acne battles, sunspots, scars and hyperpigmentation. A piece of my confidence was missing due to the health of my skin.

You name a skin product, I have tried it with no luck. When I met the team at Catalyst Medical Center last fall, I had no idea how much my skin and life would change. The positive change of Catalyst started with a skin consultation. You know the fabulous Visia skin analysis machine you have seen on Oprah? Well, they have it at Catalyst. My skin specialist Maggie reviewed my pores, texture, bacteria, sun damage, aging and scarring, then created a personalized plan to treat my skin. What made Catalyst different is the way they made me feel—that treating myself, skin and body, are gifts of love. How many women put themselves last or never realize that nagging skin issues can be addressed comfortably, discreetly and successfully? My personal treatment plan was a Palomar 1540 laser treatment,

microdermabrasion and the Obagi NuDerm skincare line. Dr. Susan Mathison walked me through each treatment, aftercare and long term care. Her knowledge, care and experience assured me my skin was truly going to be transformed and I could get ready to kiss the acne, scars and skin damage goodbye.

Now as I write this, everywhere I go I am complimented on my skin. More importantly, every day I look in the mirror its like seeing my face for the first time. I am no longer embarrassed by acne scars and spots. I feel like people actually see me and that is the gift of positive change Catalyst Medical Center provided for me. 🌟🌟 —Mia



Before After

Susan Mathison, MD
Lesley Soine, MD
Megan Bolda, AuD

Catalyst Medical Center
1800 21st Ave. South
Fargo, ND 58103

701.365.8700

BODY • MIND • SPIRIT

We have partnered with Inspire Dance and Wellness Studios to offer Nia right here at Catalyst Medical Center.

Nia is a personal growth, body-mind-spirit fitness program. Nia supports the Pleasure Principle: If it feels good keep doing it, if it hurts, stop! Drawn from three martial arts, three dance arts and three healing arts, Nia involves a variety of movement speeds and styles, ranges of motion and energy dynamics. Nia students range from people who are enthusiasts of dance and movement to people who have never exercised or danced before. (Source: Nianow.com, 10/24/2008)

We are going to kick off fall with **2 FREE introductory sessions of Nia**. The first will be on Saturday, September 19 from 9-10 am and then again on Saturday, October 10 from 9-10 am. If interest is high, we will continue by starting with one 5-week session prior to the holiday season, running Saturday, October 24-November 21.



For more info call Inspire Dance and Wellness Studios at 701-356-3200.

Rita (left) Nia instructor

POSITIVE ATTITUDE MONTH

Just around the corner is October, which is positive attitude month. However, you can push the positivity button before then! Others will thank you.

Here are 7 tips to help you stay positive.

1. Decide to have a positive attitude.
2. Surround yourself with positive people.
3. Use positive affirmations.
4. Be very selective of the music and news information that you listen to.
GARBAGE IN = GARBAGE OUT!
5. Take time to help other people.
6. Get in touch with your spiritual source.
7. Don't stop; never give up.

(Source: selfgrowth.com)

Wherever you go, no matter what the weather, always bring your own sunshine.

—Anthony J. D'Angelo, The College Blue Book



1800 21st Avenue South
Fargo, North Dakota 58103



RETURN SERVICE REQUESTED

Back-to-school savings • September 14-19!

- ✓ \$25 off Botox now + \$50 mail-in rebate = **\$75 OFF**
- ✓ \$50 off fillers
- ✓ \$75 off Botox & Juvéderm combo now + \$100 mail-in rebate = **\$175 off**
- ✓ \$20 off microderm, chemical peel or laser hair removal
- ✓ \$50 off full face Fotofacial
- ✓ \$100 off full face Palomar 1540 treatment

There's more! Get **10% OFF** all skincare products the entire week!

Call 701.365.8700 ext. 2 to schedule your appointment today.

