

xpress wellness durant ok

Xpress Wellness Durant OK: Your Guide to Holistic Well-being in Southeastern Oklahoma

Are you searching for a reliable and effective way to improve your health and wellness in the Durant, OK area? Feeling overwhelmed by stress, pain, or just the general demands of life? Then you've come to the right place. This comprehensive guide dives deep into Xpress Wellness Durant OK, exploring its services, benefits, and how it can help you achieve your wellness goals. We'll cover everything you need to know to decide if Xpress Wellness is the right fit for your journey to a healthier, happier you. Get ready to discover your path to optimal well-being right here in Durant.

Understanding Xpress Wellness Durant OK: More Than Just a Clinic

Xpress Wellness Durant OK isn't your typical medical clinic. It's a holistic wellness center focused on providing a comprehensive range of services designed to address the root causes of health issues, rather than just treating symptoms. They believe in a proactive approach to wellness, empowering individuals to take control of their health through education and personalized care. This philosophy sets them apart, offering a unique and effective path to improved health and overall well-being.

A Spectrum of Services: What Xpress Wellness Offers

Xpress Wellness Durant OK boasts a diverse menu of services catering to a wide range of needs. Let's explore some of their key offerings:

1. **Chiropractic Care:** At the heart of Xpress Wellness is their experienced chiropractic team. They utilize gentle, effective techniques to address spinal misalignments, improve posture, and relieve pain stemming from musculoskeletal issues. Whether you're dealing with chronic back pain, neck stiffness, or headaches, their chiropractors work to identify the root cause and provide personalized treatment plans.
1. **Massage Therapy:** Relaxation and therapeutic massage are integral components of their wellness approach. Experienced massage therapists offer a variety of techniques, including Swedish massage, deep tissue massage, and sports massage, to address muscle tension, improve circulation, and reduce stress. Massage can be a powerful tool for pain relief, improved flexibility, and enhanced overall well-being.

1. **Physical Therapy:** For individuals recovering from injuries or surgeries, or managing chronic conditions, Xpress Wellness Durant OK offers comprehensive physical therapy services. Their skilled physical therapists create customized treatment plans designed to improve strength, mobility, and function. They work closely with patients to achieve their rehabilitation goals and prevent future injuries.
1. **Nutritional Counseling:** Understanding the vital role of nutrition in overall health, Xpress Wellness provides nutritional counseling to guide patients toward healthier eating habits. Registered dietitians or certified nutritionists can help create personalized meal plans, address dietary deficiencies, and support weight management goals.
1. **Wellness Coaching:** Xpress Wellness goes beyond physical treatments; they also offer wellness coaching to support clients in achieving their overall wellness goals. Coaches provide guidance, motivation, and accountability to help clients make positive lifestyle changes and cultivate healthier habits. This could involve stress management techniques, sleep hygiene improvements, or habit modification.

Why Choose Xpress Wellness Durant OK?

Choosing the right wellness center is crucial. Here are several reasons why Xpress Wellness Durant OK stands out:

Holistic Approach: Their focus on treating the whole person, not just symptoms, leads to more sustainable and effective results.

Experienced Professionals: The clinic employs highly qualified and experienced professionals in their respective fields.

Personalized Care: Treatment plans are tailored to meet individual needs and goals, ensuring a personalized approach.

Convenient Location: Their location in Durant, OK makes it easily accessible to residents of the community.

Positive Patient Reviews: Many patients rave about their positive experiences and the positive impact Xpress Wellness has had on their health. (Note: Include links to reviews here if available - Google Reviews, etc.)

Taking the First Step: Contacting Xpress Wellness

Ready to experience the benefits of Xpress Wellness Durant OK? The first step is simple: contact them! You can typically find their contact information (phone number, email address, website) on their website or through online search engines. Many wellness centers also offer online booking systems for your convenience. Don't hesitate to reach out with any questions you may have - their team is usually happy to provide information and schedule a consultation.

Conclusion

Xpress Wellness Durant OK offers a comprehensive and holistic approach to wellness, catering to a wide range of needs and goals. By combining chiropractic care, massage therapy, physical therapy, nutritional counseling, and wellness coaching, they empower individuals to take control of their health and achieve optimal well-being. If you're searching for a supportive and effective wellness center in the Durant area, Xpress Wellness is a strong contender to consider.

Frequently Asked Questions (FAQs)

1. Does Xpress Wellness Durant OK accept insurance? This varies depending on the specific insurance plan. It's best to contact Xpress Wellness directly to inquire about insurance coverage.
1. What are the clinic's hours of operation? Clinic hours may vary. Check their website or contact them directly for their current schedule.
1. Do I need a referral to see a chiropractor or other specialist at Xpress Wellness? Generally, referrals aren't always required, but it's advisable to check with your insurance provider and the clinic itself.
1. What forms of payment does Xpress Wellness accept? Most wellness centers accept various payment methods like credit cards, debit cards, and sometimes cash. Confirm the accepted payment methods with the clinic.
1. What should I expect during my first visit to Xpress Wellness? Your first visit will likely involve a consultation to discuss your health history and concerns, followed by an examination and a personalized treatment plan recommendation.

Remember to always consult with your physician or other healthcare provider before starting any new treatment plan. This information is for general knowledge and should not be considered medical advice.

xpress wellness durant ok: Around Sherman Annette Swan, 2022-06-06 When Sherman's first settler, Dearing Dorman, came to live in the town in 1823, he laid claim to land that was plentiful with trees and rich soil. With the opening of the Erie Canal in 1825, more settlers started making their way to this area of Chautauqua County, helping the town of Sherman to grow rapidly. And with French Creek running through the township, it seemed only logical that the village of Sherman would start to take shape near the creek. Sherman's history runs deep through these early settlers and is evident in the town's commitment to keep its history and traditions alive through the Yorker Museum and annual Sherman School Alumni Reunion and Sherman Day celebrations.

xpress wellness durant ok: *The Small Business Advocate* , 1996-05

xpress wellness durant ok: Department of Transportation Federal Motor Carrier Safety Administration Register , 2001

xpress wellness durant ok: **Federal Register Index** ,

xpress wellness durant ok: **The State and Society** Stuart Hall, 1983-01-01

xpress wellness durant ok: *One Place after Another* Miwon Kwon, 2004-02-27 A critical history of site-specific art since the late 1960s. Site-specific art emerged in the late 1960s in reaction to the growing commodification of art and the prevailing ideals of art's autonomy and universality. Throughout the 1970s and 1980s, as site-specific art intersected with land art, process art, performance art, conceptual art, installation art, institutional critique, community-based art, and public art, its creators insisted on the inseparability of the work and its context. In recent years, however, the presumption of unrepeatability and immobility encapsulated in Richard Serra's famous dictum to remove the work is to destroy the work is being challenged by new models of site specificity and changes in institutional and market forces. *One Place after Another* offers a critical history of site-specific art since the late 1960s and a theoretical framework for examining the rhetoric of aesthetic vanguardism and political progressivism associated with its many permutations. Informed by urban theory, postmodernist criticism in art and architecture, and debates concerning identity politics and the public sphere, the book addresses the siting of art as more than an artistic problem. It examines site specificity as a complex cipher of the unstable relationship between location and identity in the era of late capitalism. The book addresses the work of, among others, John Ahearn, Mark Dion, Andrea Fraser, Donald Judd, Renee Green, Suzanne Lacy, Inigo Manglano-Ovalle, Richard Serra, Mierle Laderman Ukeles, and Fred Wilson.

xpress wellness durant ok: The Superpower Sisterhood Jenna Bush Hager, Barbara Pierce Bush, 2022-04-19 Sisters aren't just super, they're superheroes in this celebration of friendship and sisterhood by Jenna Bush Hager and Barbara Pierce Bush. Emma has been lonely all her life growing up in a neighborhood with no other kids—until the day two sets of sisters move to her street! The girls immediately form a club, only to discover that something mysterious is going on. They've each always had special talents, but when they work together, it's almost like their skills become...superpowers. Now the sisterhood is ready to help their neighborhood thrive, as long as they can keep the spooky Ms. Wigglestoot from discovering their secret. Or maybe there's a way these super sisters can help their archnemesis too.... From former first daughters Jenna Bush Hager and Barbara Pierce Bush, authors of the #1 New York Times bestselling *Sisters First*, *The Superpower Sisterhood* makes it clear that with sisters by your side, life is pretty exciting. And anything is possible!

xpress wellness durant ok: *Football Physics* Timothy Gay, 2004-10-01 The scientific principles underlying the dynamics of football, including blocking, tackling, and passing is made comprehensible in a study that highlights moments and feats in the game such as Franco Harris's Immaculate Reception.

xpress wellness durant ok: **Conversation Pieces** Grant H. Kester, 2013-04-15 Grant Kester discusses the disparate network of artists & collectives united by a desire to create new forms of understanding through creative dialogue that crosses boundaries of race, religion, & culture.

xpress wellness durant ok: **Report of a Workshop on the Scope and Nature of Computational Thinking** National Research Council, Division on Engineering and Physical

Sciences, Computer Science and Telecommunications Board, Committee for the Workshops on Computational Thinking, 2010-04-20 Report of a Workshop on the Scope and Nature of Computational Thinking presents a number of perspectives on the definition and applicability of computational thinking. For example, one idea expressed during the workshop is that computational thinking is a fundamental analytical skill that everyone can use to help solve problems, design systems, and understand human behavior, making it useful in a number of fields. Supporters of this viewpoint believe that computational thinking is comparable to the linguistic, mathematical and logical reasoning taught to all children. Various efforts have been made to introduce K-12 students to the most basic and essential computational concepts and college curricula have tried to provide a basis for life-long learning of increasingly new and advanced computational concepts and technologies. At both ends of this spectrum, however, most efforts have not focused on fundamental concepts. The book discusses what some of those fundamental concepts might be. Report of a Workshop on the Scope and Nature of Computational Thinking explores the idea that as the use of computational devices is becoming increasingly widespread, computational thinking skills should be promulgated more broadly. The book is an excellent resource for professionals in a wide range of fields including educators and scientists.

xpress wellness durant ok: *Symposium on Development of Upper Respiratory Anatomy and Function* James F. Bosma, Jane Showacre, 1975 This Symposium resulted from a linkage of interests of the National Institute of Child Health and Human Development, the National Institute of Dental Research, and the Fogarty International Center. The Perinatal Biology and Infant Mortality Program of the NICHD sponsors investigations of pregnancy, maternal health, intrauterine growth and infant development. A major role is in the instigation and the support of research pertinent to the sudden infant death syndrome (SIDS). The NIDR Section on Oral and Pharyngeal Development studies the infant performances of feeding, vocalization, and positioning, relating these to changes in local sensory resources. The FIC, through its Conference and Seminar Program, furthers international research pertinent to medicine. This conference of developmental anatomists and physiologists with clinicians concerned with the developmentally calendared entity of SIDS resulted in a productive and provocative exchange. We learned from each other and with each other. This volume is composed of chapters which were prepared after the conference, based in varying degree on the typescript of the spoken presentations. The questions and comments of the discussions were edited by the contributors and the responses by the chapter authors.

xpress wellness durant ok: *Putting Theory into Practice in the Contemporary Classroom* Becky McLaughlin, 2017-01-06 This collection of fourteen essays by scholars from Canada, Europe, the United Kingdom, and the United States emerges from a growing interest in the ways postmodern theory can illuminate not just the products and ideas of high culture, but also the ins and outs of everyday life. Taking the university classroom, broadly construed, as a site of theoretical investigation, this volume helps us to understand troublesome classroom dynamics as well as offering pedagogical strategies for dealing with them. It also illuminates current pressures on higher education that find expression in the classroom. As a forum for these issues, these essays draw upon Deleuzian, feminist, Foucauldian, and psychoanalytic approaches, among others, recognizing not only that these approaches are often in conflict, but also that, collectively, they enhance our understanding of the classroom. Important questions posed here include whether, and if so how, we can combine a Marxist or Foucauldian emphasis on the disciplinary and hegemonic practices of educational institutions with a Lacanian or Barthesian appreciation for the disruptive pleasures and drives that the unconscious produces within and through students, teachers, and classrooms. Which theoretical and pedagogical innovations can help teachers and students to “get the job done” as well as to theorize “the job,” to simultaneously practice education and imagine other forms and ends for education? How can theory help us to historicize, criticize, and re-draw the productive, but sometimes disabling, lines that “make” the classroom and its subjects? A site for lively theoretical debate about these and related pedagogical issues, this volume will prove useful for anyone wanting to reinterpret, reinvent, and reinvigorate the classroom.

xpress wellness durant ok: Author 101 Rick Frishman, Robyn Freedman Spizman, Mark Steisel, 2005-11-29 You're passionate about your book. You're determined to get it published, but you just can't seem to do it by yourself. You need an ally. You need a champion. You need an agent. Enter Rick Frishman and Robyn Freedman Spizman, with this second volume in the AUTHOR 101 series. In *Bestselling Secrets from Top Agents*, writing gurus Rick and Robyn reveal what makes a good agent, what a good agent will and won't do for you, and how to find the right type of agent-not just for your first book, but for your entire career.

xpress wellness durant ok: CowParade Houston, 2001 In 1999, the cows stopped traffic all over Chicago. In 2000, the cows took over New York. Now for 2001, the cows are heading back West. Introducing CowParade Houston, a companion book that will keep the cows and their civic pride around long after the summer's events are over. As with every CowParade, the sculptures in CowParade Houston are totally original, created by local artists and sponsored by local businesses. Each city mounts a street- and plaza-side display of approximately 300 cows, every one of which is featured in full-color in the book. Each cow from Houston's Flamencow to Cowpernicus will be labeled with the artist, the sponsor, and the cow's location. Since its first staging in Zurich, Switzerland, in 1998, CowParade has been hugely successful in each of its host cities. Post-parade auctions of the sculptures generated \$3.5 million in Chicago and \$4 million in New York. Proceeds from CowParade Houston will go toward a \$345 million expansion of The Texas Children's Hospital and Texas Children's Cancer Center.

xpress wellness durant ok: Visionary Parenting: Capture a God-Sized Vision for Your Family Rob Rienow, 2009-09-01 The author gives encouragement and insight into life-changing action that will impact generations to come. Parents will be inspired to build faith and character in the heart of their kids. Topics covered include: the God-filled normal life, impacting a thousand generations, creating a home of unity, the noble calling of fatherhood and motherhood, the blessing of family worship, and discipline that disciples.

xpress wellness durant ok: Parliamentary and Health Service Ombudsman: Midwifery Supervision and Regulation: Recommendations for Change - HC 865 Great Britain: Parliamentary and Health Service Ombudsman, 2013-12-10 The Ombudsman investigated three cases in which local statutory supervision of midwives failed, all of which occurred at Morecambe Bay NHS Foundation Trust. The cases clearly illuminate a potential muddling of the supervisory and regulatory role of supervisors of midwives. The current arrangements do not always allow information about poor care to be escalated effectively into hospital clinical governance or the regulatory system. This means the current system operates in a way that risks failure to learn from mistakes, which cannot be in the interests of the safety of mothers and babies and must change. Working with the Nursing and Midwifery Council (NMC), the Professional Standards Authority for Health and Social Care, NHS England and the Department of Health, the Ombudsman has identified two key principles that will form the basis of proposals to change the system of midwifery regulation: that midwifery supervision and regulation should be separated; that the NMC should be in direct control of regulatory activity. The Department of Health should convey these recommendations to its counterparts in Northern Ireland, Scotland and Wales and develop proposals to put these principles into effect.

xpress wellness durant ok: Abla's Lebanese Kitchen Abla Amad, 2012 T'fadalou, a Lebanese expression meaning, aptly captures Abla Amad's approach to food. This title moves seamlessly from the restaurant kitchen of her famous Carlton eatery to the kitchen table at home.

xpress wellness durant ok: Encyclopedia of New York Causes of Action 2020 Ernest Badway, 2019-05-28 The Encyclopedia of New York Causes of Action: Elements and Defenses is a single volume annual paperback. It is a quick starting point for virtually any civil case containing New York civil actions, legal principles and defenses. The book compiles, outlines, and indexes theories of recovery under New York law. There is nothing like it available to NY practitioners. New with the 2020 edition is coverage of the provisional remedies requirements in NY courts, including topics such as attachment, order to show cause, preliminary injunctions, stays, and receiverships. For

managing partners and litigation departments, this book brings associates up to speed quickly, while reducing training time and expense in preparing briefs and pleadings. There is also an extensive common word index facilitating a direct review of the potential universe of causes of actions, principles and defenses, and tables of cases and statutes. When appropriate, the Cause of Action will reference authorities for defense, including statutes of limitation. The Encyclopedia of New York Causes of Action: Elements and Defenses, is a quick reference to unfamiliar subjects, a welcome resource for firms without an extensive law library. This title is perfect for solo practitioners and small firms. It will save time analyzing client problems and preparing pleadings by pin-pointing the starting point of an action before employing more costly research. This is an inexpensive desk reference for virtually any case that walks in your door! New this edition: Summary paragraphs at the beginning of each chapter give context, and practice tips.

xpress wellness durant ok: Energy Management in Plastics Processing Robin Kent, 2018-07-06 Energy Management in Plastics Processing: Strategies, Targets, Techniques, and Tools, Third Edition, addresses energy benchmarking and site surveys, how to understand energy supplies and bills, and how to measure and manage energy usage and carbon footprinting. The book's approach highlights the need to reduce the kWh/kg of materials processed and the resulting permanent reductions in consumption and costs. Every topic is covered in a 2-page spread, providing the reader with clear actions and key tips for success. This revised third edition covers new developments in energy management, power supply considerations, automation, assembly operations, water footprinting, and transport considerations, and more. Users will find a practical workbook that not only shows how to reduce energy consumption in all the major plastics shaping processes (moulding, extrusion, forming), but also provides tactics that will benefit other locations in plants (e.g. in factory services and nonmanufacturing areas). - Enables plastics processors in their desire to institute an effective energy management system, both in processing and elsewhere in the plant - Provides a holistic perspective, shining a light on areas where energy management methods may have not been previously considered - Acts as a roadmap to help companies move towards improved sustainability and cost savings

xpress wellness durant ok: Valeska Soares Vanessa K. Davidson, 2017 This catalogue was published on the occasion of the exhibition Valeska Soares: Any Moment Now, organized by Julie Joyce and Vanessa Davidson, and presented at the Santa Barbara Museum of Art, September 17-December 31, 2017, and the Phoenix Art Museum, March 24-July 15 2018.

xpress wellness durant ok: My First Movie Stephen Lowenstein, 2000 Nobody forgets their first time--and film directors are no exception. In these vivid and revealing interviews, a collection of filmmakers as diverse as the Coen brothers and Ken Loach, Ang Lee and Kevin Smith, Anthony Minghella and Gary Oldman, Neil Jordan and Mira Nair talk in extraordinary detail and with amazing candor about making their first films. Each chapter focuses on a director's celebrated debut--be it *Angel* or *Blood Simple*, *Clerks* or *Diner*, *Muriel's Wedding* or *Truly, Madly, Deeply*--and tells the inside story: from writing the script to raising the money, from casting the actors to assembling the crew, from shooting to editing, from selling the movie to screening it. Along the way, every aspect of the movie industry is explored: from dealing with agents and moguls for the first time to pitching your movie as a debutante director, from languishing in development hell to confronting test audiences from hell. The questions have been posed by Stephen Lowenstein, a young director with two acclaimed short films to his credit. Remembering the struggle to launch their careers, the directors have opened up about their first films and themselves to an unprecedented degree. Each chapter is not only a memoir of a particular movie, but also an emotional journey in which the director relives the pain and elation, the comedy and tragedy, of making a first feature. For anyone who wants to direct movies, these tales of triumph and disaster, of sleepless nights and nail-biting days, will be enthralling and terrifying in equal measure. For all other film fans, the interviews provide fascinating and entertaining insights into filmmakers who have become household names.

xpress wellness durant ok: Art in the Public Interest Arlene Raven, 1989

xpress wellness durant ok: Tihany Design Adam Tihany, Nina McCarthy, 1999 Resource added for the Business Management program 101023.

xpress wellness durant ok: Studies in Honor of Robert Ter Horst Eleanor E. Ter Horst, Edward H. Friedman, Ali Shehzad Zaidi, 2017-02-14 This collection of essays honors Robert ter Horst, and reflects the diversity of his scholarly interests, focusing on Spanish literature of the late 15th through the 17th centuries, but including other national traditions and exhibiting a variety of approaches.

xpress wellness durant ok: Thanksgiving Recipe Journal: A Blank DIY Cookbook Vicki Becker, 2018-10-07 The Thanksgiving Recipe Journal is a blank DIY cookbook. It

xpress wellness durant ok: *JD's Knight Angels* Deb D. Donohue, 2020-11-30 Jerome Drake is a private investigator and also owns and operates JD's Knight Angels, a Denver, Colorado based trucking company. Jerome's team, which includes three X-police officers and five X-military men has recently joined an FBI task force to hunt and track down sex traffickers. They are strategically placed around the country searching for these heinous criminals. Jerome and his team of eighteen drivers deliver refrigerated food to large distribution centers nationwide which provides a way for the team to locate and track sex criminals. While the team tracks and takes down traffickers, they search for clues to the whereabouts of Jerome's twin sister, Jillian, who went missing from Evergreen, Colorado, forty-one years ago. Jerome has a suspicion that she was abducted by traffickers. With the help of the team, he finds clues to the mystery of Jillian's disappearance. Meanwhile, Jake Losato, a tremendously skilled tracker on the task force has been searching for his girlfriend, Grace Nadaeu, who went missing from a night club thirty-nine years ago. His story intertwines with other characters throughout the book. Sarah Beaulieu is a vigilante sort who conceals her identity. She helps the task force locate traffickers by calling them with anonymous leads and surprising gutsy, dangerous interaction. She and her hacker genius friend, Trevor, figure out how to locate and track sex criminals. Once the team gets close to the criminals, Sarah figures out how to rescue the young women and takes them to safe havens. Sarah has had a difficult life with tremendous sadness in her past. Sarah decided to work to rescue girls from traffickers when her best friend, Grace, went missing from a night club in Edmonton, Alberta, Canada, many years ago. She tells her story, which weaves in and out with other characters. My story is fictional, however, included in the book are references about actual arrests that have taken place all over the country and the rescue of many young women. Many of the characters and their stories are based on my own experiences and travels throughout the lower forty-eight United States, Alaska and Canada.

xpress wellness durant ok: Places with a Past Christian Boltanski, 1991

xpress wellness durant ok: *Varekai* Dominic Champagne, Kerry Fleming, 2003-07-14 This volume depicts the world of Varekai, a production of the entertainment company Cirque de Soleil. Varekai - which means wherever in the Romany language of the gypsies - pays tribute to a universe of infinite possibilities through an explosive fusion of drama and acrobatics, which is captured here in the photography of Veronique Vial.

xpress wellness durant ok: Fractional Leadership Ben Wolf, 2021-10-05 Do you own a small or midsize business? Wish you could find (and afford) game-changing executive talent to take your business to the next level? Now, you can. Fractional Leadership shows you step-by-step how to land the experienced, been-there-done-that executive talent you thought was out of reach. If you're ready to step up your game in marketing, sales, operations, finance, or technology but you can't justify hiring a top-dollar executive full-time, a fractional leader can help you bridge the gap. Through personal stories and real-world examples, you'll learn exactly what fractional leaders are, how business owners use them to break through the ceilings they hit in their business growth, the kinds of problems that are perfect for them, and how to find the right fractional leader for maximum impact and performance. Stop waiting until you can afford a full-time C-level suite. Engage experts who can break through those challenges and take your business to the next level today.

xpress wellness durant ok: *Fresh from the Farm* 6pk Rigby, 2006

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