

AUGUST 2026

Back to School Season: New Podcasts & Summer Read Staff Picks

*It's Back to School Season, and we want to share
with you our latest podcasts and check out our
practitioners' favorite summer reads!*

Here's what we've been talking about lately.



Renuva Explained

Dr. Rebecca Novo and Max Poling, PA-C introduce Renuva, a natural fat graft option for facial and body volume restoration.

Peptides: Glow & Grow For Your Best Self

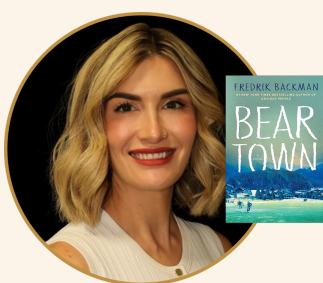
Dr. Rebecca Novo and Kristen Roff, NP break down peptides, including GLOW, NAD+, and Tesamorelin, and what to know before starting.



[Click here to find, listen, and learn from more Best Self podcasts »](#)

Books We Read This Summer, Loved and Recommend!

Just like we love helping patients find the right path forward in their health, our team also loves a good book recommendation. We asked our practitioners to share what they read this summer. The stories that stuck with them, made them think, or simply gave them a well-earned break. Here's what they're recommending to you:



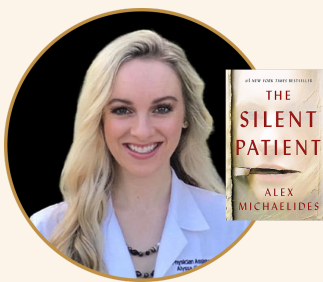
"I read Beartown, by Fredrik Backman, and loved it for the reminder of how powerful quiet courage can be."

~ KRISTEN A. ROFF, NP-C



"Highly recommend The Art and Science of Connection, by Kasley Killam, MPH. It reveals how essential authentic relationships and intentional connection are to our overall health and well-being as an individual and society."

~ REBECCA NOVO, MD



"The Silent Patient, by Alex Michaelides. Very unexpected twist at the end!"

~ ALYSSA CAPAWANA, PA-C



"My favorite summer reads were The Alice Network, by Kate Quinn. This historical fiction novel highlights the fascinating world of spies during WWI, and much of the book is based on actual historical events and figures. And Theo of Golden, by Allen Levi. This work of fiction was refreshing and heartwarming!"

~ ANNA WEIR, FNP-C

Stay Curious

We hope these picks give you something new to listen to and read this season — and remind you that our team is always here, not just for your care, but as a resource and a friendly voice along the way. Thanks for being part of our community, and happy learning!

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