

BODY NOTES

Spring Newsletter 2019



Happy Spring

STAFF SPOTLIGHT
Yogi Anglin

**BREAST
AUGMENTATION**
Spring is the Ideal Time

ROBBINS' STORY
Things to do in Nashville
in the Spring

YOGI ANGLIN *Cabinet Maker*

Hi guys, my name is Yogi Anglin and I am the cabinet maker at Robbins Plastic Surgery. I have been a part of the building of the new office at 503 Spruce Street for the year but have been a part of the team for the past 3 years. My favorite part of the project was building the phone charging station in the waiting room. I also built the reception desk, product shelves, cabinets in Katie's office, as well as the upstairs kitchen cabinets. I have spent over 40 years building cabinets and just about anything I can get my hands on. I have built 100s of nurses' stations at hospitals in Nashville and surrounding areas.

I was born and raised in Nashville which you don't hear very much anymore! When I'm not building things, I enjoy spending time at my farm in West Tennessee. It's rare, but spending time with my 2 children and 3 grandchildren at the farm is a treasure. I love seeing the kids riding 4 wheelers and having a great time. I also, spend my free time building towns and roadways for model trains. I even paint the lines on the roads for the towns. If you see me around Robbins Plastic Surgery, don't hesitate to say hi! Or check me out at YogiBuilds@gmail.com.



SPRING IS THE IDEAL TIME



It's hard to think about warm weather and bathing suits amid frigid temperatures. However, swim suit season is right around the corner. Now is a great time to start thinking about a breast augmentation so that you can be ready for spring and summer vacations. Breast augmentation is one of the most commonly performed cosmetic procedures. Implants can be placed over or under the muscle, to achieve a variety of shapes and sizes. The procedure typically takes about one hour, to improve shape. Their fit can be customized to achieve a round or more natural shape according to one's goals. They can even be combined with a breast lift to correct droopy breasts. Results from breast implants are immediate following surgery, however, it takes 2-3 months for implants to settle and for swelling to subside. Now is the perfect time of year

to start planning and be ready for the warm weather!

It is always important to see a board - certified plastic surgeon when planning for surgery. We recommend looking at photo galleries and finding patients that are matched for your age and physical findings to see what outcomes are possible. Dr. Chad Robbins is a Mayo trained and has been voted best plastic surgeon/best nip and tuck by the Nashville Scene. He strives to deliver the highest quality results and make every patient's experience the best it can be. Dr. Chad Robbins and his team at Robbins Plastic Surgery are dedicated to achieving the highest quality care and aesthetic results. Schedule today for a consultation with Dr. Chad Robbins to discuss if breast augmentation is right for you! Visit us in person or online at www.robbinsplasticsurgery.com.

Fun Things to do in Nashville in the Spring

Nashville is more than just honky tonks and country music. Here are a few things I enjoy doing in the spring with my family.

Where we enjoy eating with our kids:

- El Amigo and El Tapitio on Nolensville Road and then ice cream at La Michoacana
- Martin's Barbecue
- Pizza Perfect in Hillsboro Village
- VN Pho on Charlotte Avenue
- Vui's Vietnamese
- Farmer's Market
- Ed's Fish

Where my wife and I enjoy eating without our kids:

- Rolf & Daughters
- Answer
- Lockeland Table
- Yellow Porch
- Midtown Cafe

What to do when it is raining with the family:

- The Frist Museum
- Roller Skating at the Brentwood Skate Center
- Movie at the Belcourt Theater

What we like to do when it is warm and sunny:

- Float down the Piney or Buffalo River
- Hike at Radnor Lake and Percy Warner Park
- We enjoy spending time at the Nashville Sounds games
- Playing in creeks and calling turkeys

And we always love playing at home with our new puppy, Betty, 2 cats, Eloise and Lucy and 3 bunnies, June, Aretha, and Ethel.



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