

PLANO, TX WELLNESS GUIDE

At The Montfort Group, we believe that total-person wellbeing is essential for a balanced, fulfilling life. This guide is designed to help you explore holistic wellness through resources right here in Plano. Whether you're looking to improve your mental, physical, or emotional health, our curated recommendations will guide you on your path to wholeness.

CURATED BY **THE MONTFORT GROUP**



Introduction

WHAT YOU'LL GET INSIDE:



Whether you're seeking therapy, looking to join a supportive community, or simply hoping to integrate healthier habits into your daily routine, this guide will connect you to the best that Plano has to offer.

We want you to feel inspired, equipped, and supported in your pursuit of balance and fulfillment. No matter where you are on your wellness journey, you'll find resources that align with your needs and aspirations—because your wellbeing matters, and we're here to help you nurture it.

Plano is more than just where you live—it's where your wellbeing can flourish. Let The Montfort Group guide you with local insights that align with our holistic approach to mental and emotional health.

get moving

PHYSICAL WELLNESS

Movement is essential for a healthy body. Here are some local gyms, fitness centers, and wellness facilities that offer personalized plans to help you stay active.

PLANO ATHLETIC CLUB

Offers a variety of fitness classes, personal training, and wellness programs. Ideal for all fitness levels.

Location: 4600 W Park Blvd, Plano, TX 75093

ALIVE YOGA PLANO

Imagine an immersive fitness atmosphere, beautifully instructed, carefully constructed, and thoughtfully synchronized with sights and sounds to amplify your senses and heighten your awareness.

Location: 4909 W Park Blvd #183, Plano, TX 75093

EQUINOX PLANO

Offering luxury fitness experiences, personalized training, and wellness coaching for those who demand the best.

Location: 7200 Bishop Rd, Plano, TX 75024

be social

COMMUNITY CONNECTION

Feeling connected and valued in a community is crucial for emotional health. Plano offers a rich community life with many groups and events that foster connection and purpose.



Plano Meetup Groups

Find groups that match your interests, from book clubs to hiking adventures. Plano offers something for everyone.



Plano Multicultural Outreach Roundtable

Bringing together people from all walks of life to engage in meaningful discussions and community building.



North Texas Food Bank

Volunteer with the North Texas Food Bank and make a difference.. Perfect for finding meaningful ways to give back.

reflect

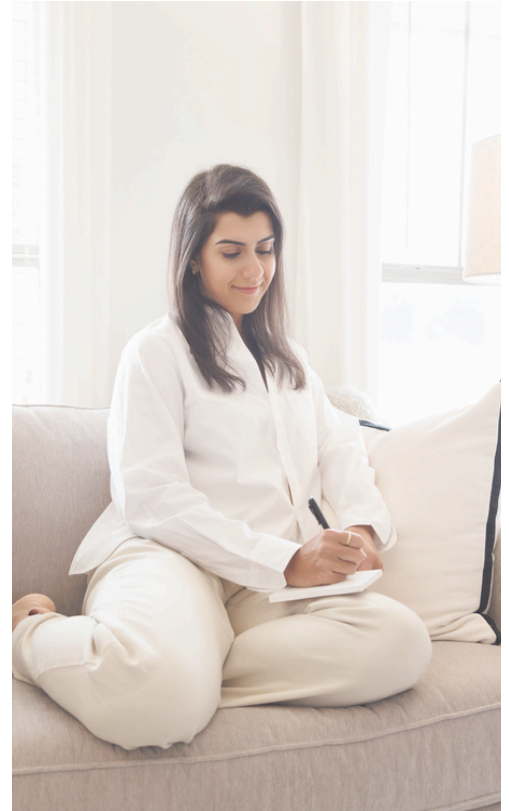
SPIRITUAL

Place for Reflection

- ☐ Arbor Hills Nature Preserve
- ☐ A peaceful escape where you can walk, meditate, or practice mindfulness in nature.
- ☐ Location: 6701 W Parker Rd, Plano, TX 75093

Local Spiritual Community

- ☐ St. Andrews Methodist Church Plano
- ☐ A welcoming spiritual community offering regular services and volunteer opportunities.
- ☐ Location: 5801 W. Plano Pkwy Plano, TX 75093



Plano is home to several spaces that foster spiritual growth, mindfulness, and reflection. Explore these local spiritual centers and serene spots for personal growth.



eat up

NUTRITION

Nutrition plays a key role in total-person wellbeing. Plano offers several holistic nutritionists and health food stores to help you fuel your body.

1

Lemond Nutrition

From digestive health to eating disorders to daily nutrition, Lemond Nutrition walks alongside you in your pursuit of total health.

Location: 400 Chisholm Place, Suite 100, Plano, TX 75075

2

Sprouts Farmers Market

A great place to find organic and health-conscious products, including supplements and specialty items.

Location: 4100 Legacy Dr, Plano, TX 75024

3

True Food Kitchen Plano

Rooted in nutrition with a commitment to celebrating whole, real ingredients, this restaurant supports your total wellbeing.

Location: 7601 Windrose Avenue, Suite F100, Plano, TX 75024

your notes

THE MONTFORT
GROUP

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About THE MONTFORT GROUP

More than a group of highly-trained therapists, we hope you'll view us as indispensable members of your life team. Partners in your personal growth. The kind who will lean in and listen with empathy, and challenge ideas no longer serving you with just as much compassion.



Cory Montfort, MS, LPC-S
Owner, The Montfort Group

We hope this guide helps you discover the many ways to support your mind, body, and spirit right here in Plano. At The Montfort Group, we're committed to helping you achieve holistic wellness. *Contact us today to learn more about our counseling services and how we can support you on your journey to complete wellbeing.*

DO YOU NEED
MORE HELP?

SCHEDULE NOW



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