A NOTE FROM US

A NEW SEASON FOR EMBODY

Hi everyone,

Six months ago, we opened the doors with a big vision and a lot of excitement, and you showed up for it. You became members, brought your friends, gave us your feedback, and helped shape what Embody is becoming. We're incredibly grateful to have built these first six months alongside you.

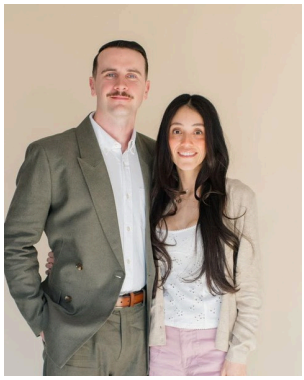
This fall marks an exciting next chapter for Embody. Our new quarterly studio schedule is now set and bookable, our women's health clinic opens in October, and we're introducing two new things for members that we think you'll love: a free first visit in the clinic, and a new Embody Ambassador Referral Program.

Everything below was shaped by what you told us this Summer and by where we're headed next.

Thank you for being here for the first six months. We're just getting started.

ABOUT US

A HUSBAND AND WIFE TEAM



Embody was founded by Kevin & Lilieth Stearns, bringing together two decades of combined experience across healthcare, clinical practice, and healthcare leadership.

Kevin is a board-certified Physician Assistant with experience in family medicine, emergency medicine and healthcare leadership. As an active-duty medical officer in the United States Navy, he brings a systems-level perspective to Embody and oversees its clinical services.

Lilieth is a registered nurse, clinical entrepreneur, and Women's Health Nurse Practitioner graduate student at Duke University. Her experience spans critical care, women's health, and clinical operations, giving her a deep understanding of both the complexities of healthcare and the importance of feeling heard, informed, and supported as a patient. At Embody, she is committed to creating care that is thoughtful, evidence-based, and centered around the individual woman.

Before Embody, Lilieth and Kevin owned and operated a healthcare company in San Antonio, Texas. They have three children and have called coastal North Carolina home on and off for more than a decade.

Embody was built around a simple idea: women shouldn't have to navigate their health in pieces. We bring clinical care and community together in one place, creating a more connected approach to women's health, one that meets women where they are and supports them through every season.

OUR STORY
heyembody.com/about

OUR WEBSITE
heyembody.com

INSTAGRAM
@joinembody

STUDIO

THE FALL / WINTER SCHEDULE

Live to book for members now. **14 September to 31 December 2026** is our new schedule. Thirty classes a week, including four new evening classes.

MONDAY

5:30am	Hot Set	45 MIN · *HEATED*
7:30am	Sculpt	45 MIN · *UNHEATED*
9:30am	Flow	60 MIN · *WARM*
11:00am	Mom & Me Pilates	FREE, OPEN TO THE PUBLIC 45 MIN · *UNHEATED*
4:30pm	Hot Sculpt	45 MIN · *HEATED*

TUESDAY

5:30am	Hot Set	45 MIN · *HEATED*
6:30am	Hot Sculpt	45 MIN · *HEATED*
7:30am	The Format	45 MIN · *WARM*
9:30am	Hot Set	45 MIN · *HEATED*
5:30pm	The Format	45 MIN · *WARM*

WEDNESDAY

5:30am	Hot Sculpt	45 MIN · *HEATED*
6:30am	Hot Set	45 MIN · *HEATED*
7:30am	Flow	60 MIN · *WARM*
9:30am	The Format	45 MIN · *WARM*
6:00pm	The Format	45 MIN · *WARM*

THURSDAY

5:30am	Hot Set	45 MIN · *HEATED*
6:30am	Hot Sculpt	45 MIN · *HEATED*
7:30am	The Classic	45 MIN · *UNHEATED*
9:30am	Hot Set	45 MIN · *HEATED*
5:30pm	The Format	45 MIN · *WARM*

FRIDAY

5:30am	Sculpt	45 MIN · *UNHEATED*
6:30am	The Format	45 MIN · *WARM*
7:30am	Hot Set	45 MIN · *HEATED*
9:30am	Flow	60 MIN · *WARM*
11:00am	Mom & Me Pilates	FREE, OPEN TO THE PUBLIC 45 MIN · *UNHEATED*

SATURDAY

8:30am	Hot Sculpt	45 MIN · *HEATED*
9:30am	Hot Set	45 MIN · *HEATED*
10:30am	The Format	45 MIN · *WARM*

SUNDAY

8:30am	The Classic	45 MIN · *UNHEATED*
9:30am	Flow	60 MIN · *WARM*

Our schedule was built around your feedback, with one priority in mind: consistency. You told us that having a schedule you can rely on matters, so we're making that the standard. Once a class is on the schedule, you can count on it being there week after week.

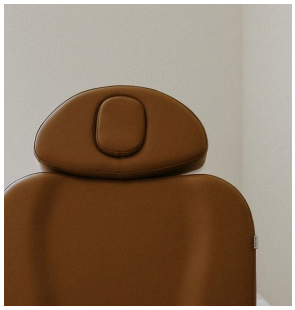
CLASSES AND MEMBERSHIPS

BOOK A CLASS
heyembody.com/classes

CLINIC

EMBODY HEALTH OPENS IN OCTOBER

A women's health practice, prenatal through menopause and beyond. Insurance and cash based.



Virtually Across North Carolina

In home Pender, Onslow, Brunswick and New Hanover counties (waitlisting for 2027)

In clinic 1000 N Lake Park Blvd, Carolina Beach

Pelvic floor therapy is currently in clinic and virtually only.

WOMEN'S HEALTH

- Pelvic floor therapy
- Prenatal and postpartum
- Lactation support
- Newborn care education
- Fertility
- Hormone health and menopause
- Birth control
- Annual exams, and more

WELLNESS & AESTHETICS

- Botox and Dysport
- Filler and Sculptra
- Skinvive
- Microneedling
- Weight management
- Prescription skincare

Prescription skincare is prescribed by Kevin Stearns, PA-C.

BOOK WOMEN'S HEALTH
All providers

WHAT WE TREAT

BOOK AESTHETICS

INSURANCE AND PRICING

FOR MEMBERS

MEMBER PERKS

YOUR FIRST VISIT, ON US

Every member gets a Member Initial Visit: 30 minutes with one of our providers to review your history, talk through what's going on, and build a plan. Depending on what you need, this can serve as your annual well-woman visit, and we can order labs or prescriptions the same day.

For most members this visit is already covered in full by insurance. Where it isn't, we cover it. Either way, your first visit with us costs you nothing.

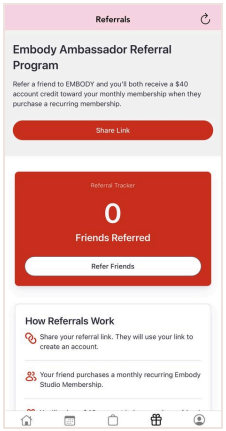
Expires 31 December 2026. One visit per membership. Not transferrable.

MEMBER INITIAL VISIT

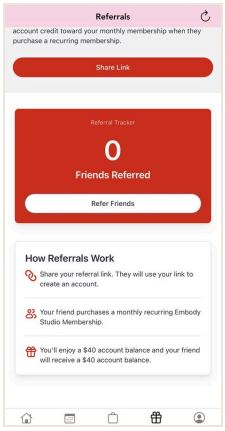
PELVIC FLOOR MINI

THE EMBODY AMBASSADOR REFERRAL PROGRAM

$40 for you and $40 for them, in account credit, every time someone you refer purchases a recurring monthly membership. No cap, no code to remember. Your referral link lives in the app.



Tap the gift icon at the bottom of the app.



Tap Share Link, then watch your referrals add up.

DOWNLOAD THE APP

JUST FOR MOMS

PRENATAL AND POSTPARTUM WEEKLY SCHEDULE

If you are pregnant, postpartum, or somewhere in between, this is your week. These are the classes built with you in mind.

MONDAY
11:00am Mom & Me Pilates
FREE, OPEN TO THE PUBLIC
45 min · Unheated

TUESDAY
7:30am The Format
45 min · Warm
5:30pm The Format
45 min · Warm

WEDNESDAY
9:30am The Format
45 min · Warm
6:00pm The Format
45 min · Warm

THURSDAY
7:30am The Classic
45 min · Unheated
5:30pm The Format
45 min · Warm

FRIDAY
6:30am The Format
45 min · Warm
11:00am Mom & Me Pilates
FREE, OPEN TO THE PUBLIC
45 min · Unheated

SATURDAY
10:30am The Format
45 min · Warm

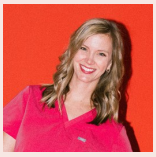
SUNDAY
8:30am The Classic
45 min · Unheated

Mom & Me Pilates is free and open to everyone. Bring your baby or come on your own—no baby required. The class is designed with pregnant and postpartum bodies in mind, so you're welcome whether you're expecting, newly postpartum, or simply looking for a supportive, low-pressure class. As always, follow your provider's guidance regarding movement and heat during pregnancy and postpartum recovery.

See the full schedule and book in our app. Download it and create an account to get started.

DOWNLOAD THE APP

STAFF HIGHLIGHT

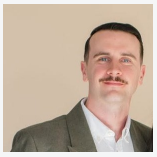


PATRICIA HANSON
MSN, CNM

CERTIFIED NURSE MIDWIFE

A full-scope midwife with extensive experience in women's health, providing prenatal, postpartum, reproductive, and preventive care. She brings years of clinical experience across military and high-volume practice settings. Her care also includes perinatal and postpartum mental health, fertility concerns and medication management, contraception, lactation concerns requiring medication management, and coordination of specialty care when needed.

BOOK A VISIT



KEVIN STEARNS
MPAS, PA-C

CO-FOUNDER, PHYSICIAN ASSISTANT

Co-founder of Embody. A board certified physician assistant with experience in family medicine and emergency medicine. Virtual family medicine for ages newborn to 64, men and women: PCOS and other metabolic conditions, skin concerns including acne, melasma, eczema and skin aging, medical weight loss, and hormone replacement therapy.

BOOK A VISIT

LILY STEARNS
BSN, RN, WHNP-S

WOMEN'S HEALTH NURSE EDUCATOR

Fertility education and natural family planning. Support for women who have been trying to conceive for six months or longer, or who have experienced recurrent miscarriage. Breastfeeding and pumping education. Postpartum support for first time moms, including feeding, changing, and sleep schedules for baby.

BOOK A VISIT

BETH ANDERSON
MS, OTR/L, PCES

PELVIC FLOOR THERAPIST

A pelvic health therapist specializing in women's health and pelvic floor therapy. She brings advanced training in pelvic health, pregnancy, and postpartum care and is a Certified Pregnancy and Postpartum Corrective Exercise Specialist.

BOOK A VISIT

ADDIE ROGERS
BSN, RN

AESTHETIC NURSE INJECTOR

Experience in neurotoxins, filler, Sculptra, and other advanced aesthetic procedures. Focuses on natural driven results.

BOOK A SERVICE

SYDNEY HUTTO

STUDIO MANAGER

Oversees studio day to day and instructs across yoga, sculpt, and Pilates.

BOOK A CLASS

EVENTS AND IN OUR COMMUNITY

WHERE YOU WILL FIND US

FACE FIRST FARMERS MARKET

Saturday 12 September · 10am to 1pm

703 St. Joseph St., Carolina Beach

Face First Aesthetics is celebrating their second anniversary with fresh produce, local vendors, jewelry, coastal art, coffee, and live music. Stop by, support a local business, and come say hello.

facefirstaesthetics.com

WOMEN'S LIFE CENTER

A local organization supporting women and families across our area. You can donate directly to them in studio starting Oct 1, 2026.

womenslifecenter.org

FAQ

FREQUENTLY ASKED QUESTIONS

How do I cancel a class?

The app is the best way to cancel so we receive it in time. Our cancellation window is 12 hours, and a $15 fee is automatically applied for cancellations inside that window. Unlimited and founding members receive two waived fees. If you need to cancel within 12 hours, let us know before class and we'll make sure you're not charged.

What if I miss a class?

No-shows are subject to the same $15 fee. Unlimited and founding members receive two waived fees.

Can I freeze my membership?

Yes. We require 30 days' written notice. A freeze is $15/month for up to three months. If you're in a contract, the frozen time is added to the end of your commitment. If you're freezing or cancelling due to pregnancy or postpartum, email us at info@heyembody.com. We're happy to help you understand your options and find what works best for you.

How do I cancel my membership?

We require 30 days' written notice, and any remaining membership commitment must be fulfilled before cancellation. If you're cancelling due to pregnancy or postpartum, email us at info@heyembody.com for additional support and options.

How does childcare work?

Childcare was a founding member benefit and is no longer offered through Embody. Island Time remains our preferred childcare provider during class hours.

Will the schedule change again?

Not before December 31. Moving forward, schedules will be published by quarter, with each quarter released 30 days in advance so you always have time to plan. We'll continue gathering feedback throughout each quarter to help shape the next one.

Does the clinic take my insurance?

We are in network with most major providers, including Aetna, Cigna, Humana, Blue Cross Blue Shield, Healthy Blue North Carolina, UnitedHealthcare, and TRICARE. We also provide superbills and accept HSA/FSA. Self-pay is $250 for an initial consultation and $150 for follow-ups. Pelvic floor therapy is priced separately. Coverage varies by plan, so email info@heyembody.com and we'll check your benefits.

Do I need a referral?

It depends on your insurance plan. Book a consultation with our patient care coordinator, and she'll walk you through insurance, prior authorization, and referral requirements before you book.

How do I claim my free visit?

Book your visit through the Member Initial Visit request link. The women's health visit is listed as Member Initial Visit, and the pelvic floor visit is listed as Pelvic Floor Mini Consult.

How does the Embody Ambassador Referral Program work?

When someone you refer joins a studio membership, you receive $40 in account credit and they receive $40. The program applies to studio memberships only, not clinic appointments.

Are reformers coming?

No. Reformers will not be added to the Carolina Beach location. We've decided to invest in the offerings we can deliver exceptionally well rather than add a modality we can't staff sustainably. Instead, that investment will support pro bono women's health services for lower-income communities across Brunswick, New Hanover, and Pender counties. To apply for pro bono care, please email us at support@embodywh.com.