

Welcome, Ashley!

We're excited to offer expanded massage therapy availability beginning August 10!

Ashley is a graduate of Northwestern Health Sciences University with extensive training in Swedish relaxation massage, rehabilitative and clinical massage, anatomy, and orthopedic care. She'll be offering afternoon, evening, and Friday appointments, making it even easier to find a time that fits your schedule.

To book your massage, call or text us at 763-972-3447. You can also schedule through our website or the patient app.

School essentials with Dr. Mauren

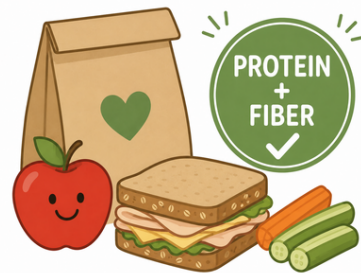
Backpack tips -

- **Use both straps!** Choose a backpack with two adjustable shoulder straps and wear it so it sits just above the waist, not below the hips.
- **Strap in!** A chest or waist strap helps distribute weight and reduces strain on the neck and shoulders.
- **Pack smart!** Place heavier books closest to the back and lighter items in the front. A backpack should weigh no more than 10-15% of your child's body weight.

What's in your lunch box with Dr. Jessica

Pack a Lunch That Powers the Day! 🍎🥪

Want to help your child stay full, focused, and ready to learn? Think **protein + fiber**! Protein helps growing bodies stay strong and satisfied, while fiber supports healthy digestion and provides steady energy throughout the school day. Try simple combinations like cheese and apple slices, turkey roll-ups with whole-grain crackers, Greek yogurt with berries, or hummus with veggies. A few smart choices can help fuel learning, recess, and everything in between!



Wellness Focus

Back to school immune support - Help your child start the school year feeling their best! Along with nutritious foods, quality sleep, hydration, and regular movement, these supplements can help support a healthy immune system, focus, and overall wellness.

- **Vitamin D3 + K2** - Supports immune health and strong bones
- **Junior C** - Provides antioxidant and immune support
- **ActivNutrients & Kids Multivitamin** - Helps fill nutritional gaps for growing bodies
- **Elderberry** - Traditionally used to support immune function
- **MetaKids Probiotic** - Supports a healthy gut, where much of your immune system resides
- **Fruits & Greens** - An easy way to boost daily fruit and vegetable intake
- **DHA** - Supports healthy brain development, learning, and vision
- **Bioray Kids Focus** - Supports attention and cognitive function during the school day
- **RelaxMax** - Helps promote relaxation and restful sleep, both important for immune health

Back to school movement challenge with Dr. Jayme

Kick off the school year with healthy habits! Our Back to School Movement Challenge is a fun way for kids to stay active, improve posture, and build strong daily routines throughout the month. Simply download and print the card from the QR code or pick up a challenge card in the clinic, complete one activity each day, and bring it back to Thompson Chiropractic on or before September 30th to take home a prize! It's a simple, fun way to keep growing bodies moving all month long.

