

Clinic Announcements and Events

In honor of Father's day, we're highlighting **MEN'S HEALTH** this month with tips and insights to support strength, mobility, wellness, and overall vitality at every stage of life. It's the perfect time to focus on caring for the men in your life. As part of the celebration, dads can stop in before Father's Day to receive some fun *Dad Swag* as our way of saying thank you for all they do! Whether you're a grill master, handyman, sports fan, or just a great dad, we'd love to celebrate you with a small token of appreciation during your visit.

SAVE THE DATE! Please join us for our **Clinic Open House on Friday, July 11th from 11:00 AM - 2:00 PM!** Enjoy an afternoon of fun featuring giveaways, games, FREE "What's the Scoop" ice cream and more. It's a great opportunity to meet our team, tour the clinic, and enjoy fun with friends and family. We can't wait to celebrate with you!

Welcome, Dr. Lois!

PLEASE JOIN US IN WELCOMING DR. LOIS! We're excited to welcome Dr. Lois to our team as a Craniosacral Therapist! With over 20 years of chiropractic experience and 30+ years practicing Craniosacral Therapy, she is passionate about supporting whole-body wellness through CST, nutrition, homeopathy, and functional medicine. Outside the clinic, Dr. Lois enjoys music, teaching piano, and spending time with her grandchildren.



Vertebra Focus with Dr. Mauren

LUMBAR VERTEBRA 4 - The L4 vertebra is closely connected to low back strength, sciatic nerve function, and prostate health. Stress or misalignment in this area can contribute to lower back pain, leg discomfort, and nerve irritation. Maintaining proper spinal alignment may help support mobility, reduce pain, and promote overall men's health and wellness

Supplement Focus with Dr. Jessica

HIS VITALITY - is a comprehensive men's health formula designed to support healthy testosterone levels, energy, stamina, mood, and libido. Featuring key ingredients like maca, ashwagandha, tribulus, L-arginine, zinc, and selenium, it helps promote overall vitality, stress resilience, circulation, and performance. His Vitality is a great option for men looking to maintain energy, confidence, and wellness as part of a healthy lifestyle.



Wellness Focus

DUTCH TEST PLUS - Struggling with fatigue, low energy, poor sleep, brain fog, stubborn weight gain, decreased strength, or stress that won't let up? Hormone imbalances and stress patterns can play a major role in men's overall health and wellness. DUTCH hormone testing provides a deeper look at testosterone, cortisol, adrenal function, and other key health markers to better understand how your body is functioning. With this insight, we can create a more personalized plan to support energy, recovery, mood, metabolism, and long-term health.

Therapeutic Exercise Focus with Dr. Jayme

If you spend most of your work week sitting and your weekends doing yardwork - this one's for you!

Prolonged sitting can lead to weak or "sleepy" glutes, causing your low back to work overtime during bending and lifting. Before yardwork, try glute bridges to help wake your glutes and reduce back soreness.

GLUTE BRIDGE: 10-15 reps before yardwork or lifting

1. Lie on your back with knees bent and flat feet
2. Squeeze your glutes and lift hips
3. Pause 2-3 seconds, then lower slowly

