

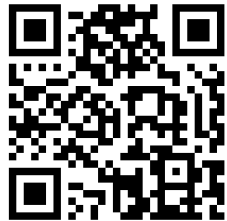
Clinic Announcements

October is National Chiropractic Health Month - We're celebrating with **Kids Week, October 12th - 19th !**

Bring the kiddos in for a week of fun with coloring, a LEGO guessing challenge, goodies, prizes & more! We love celebrating our youngest patients and helping them grow happy and healthy!

Aspire Health is Now Seeing Patients at Thompson Chiropractic!

We're excited to welcome Aspire Health to our clinic space! Aspire Health is an independent practice offering brief wellness visits, IV therapy, medical weight loss, peptide therapy, hormone therapy, and functional medicine.



We're happy to have another resource available under our roof to support the health and wellness of our community. They will begin seeing patients Oct 9th and will be here every other Friday! Interested in scheduling? Visit aspirehealth-mn.com or scan the QR code to learn more and book an appointment.

Pediatric Chiropractic Care with Dr. Mauren

Pediatric chiropractic care focuses on the nervous system, and how it controls and coordinates every other system in the body. This includes supporting movement patterns, sleep, digestion, focus, coordination, immune function and emotional regulation. We're here to support neurological development and help children adapt to their growing bodies!

While Dr. Mauren is on maternity leave, Dr. Angie will be helping care for patients. **As a CACCP-certified pediatric chiropractor, she brings extensive experience caring for infants and children.**

Our Favorite Supplements for Kiddos

Here are some of our **favorite supplements** to support growing kids! Along with nutritious foods, quality sleep, hydration, and regular movement, these picks can help support **immune health, focus, energy, and overall wellness** as kids grow, learn, and play

- **Vitamin D3 + K2** - Supports immune health and strong bones
- **ActivNutrients & Kids Multivitamin** - Helps fill nutritional gaps for growing bodies
- **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 /Omega 3's** - 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

Movement of the Month: The Superman!

The **Superman** is a simple exercise that helps **strengthen the back and trunk muscles that support posture, stability, and healthy movement**. It takes less than 2 minutes and is an easy movement break before school, after school, or between activities. Aim for 1-2 sets, 3-5 days per week.

How to do it:

1. Lie on your stomach with arms stretched overhead.
2. Lift your arms, chest, and legs slightly off the floor.
3. Hold for 3-5 seconds - think long and strong, not super high!
4. Lower slowly and repeat 5-8 times.

