



SMITH CHIROPRACTIC

THE SPINAL COLUMN



**“THE POWER
THAT MADE
THE BODY,
HEALS THE
BODY.”**

- B.J. PALMER

Welcome to the first issue of our monthly newsletter!

Each issue we will discuss all things chiropractic, health and mindfulness. We will be sharing mental health tips, providing nutritious and fun recipes and sharing a bit of our quirky office culture with you!

I hope this content can be engaging and beneficial to your daily life.

Enjoy!

FROM THE DOCTOR'S DESK...

HI ALL WELCOME TO OUR “NEW” NEWSLETTER.

I SAY NEW BECAUSE WHILE WE HAVE DONE NEWSLETTERS IN THE PAST THEY WERE BROUGHT TO YOU BY “SNAIL MAIL”, THIS IS OUR FIRST DIGITAL NEWSLETTER. OUR GOAL IS TO GIVE YOU SOME INSIGHTS INTO YOUR HEALTH, WHAT CAUSES COMMON PROBLEMS AND WHAT WE AND YOU CAN DO WORKING TOGETHER TO IMPROVE YOUR HEALTH. IN ADDITION, WE’LL BE SHARING STRESS CONTROL TIPS, POSTURAL ADVICE, NUTRITION AND HOME / WORK ERGONOMICS.

AS ALWAYS WE ARE OPEN TO YOUR QUESTIONS AND COMMENTS SO IF THERE IS SOMETHING YOU’D LIKE MORE INFORMATION ON JUST LET US KNOW. IN ADDITION YOU’LL FIND SECTIONS OF OUR SOCIAL MEDIA SITES AND WE ENCOURAGE YOU TO FOLLOW US ON FACEBOOK, INSTAGRAM AND TIK TOK. WE TRY TO KEEP IT LITE AND INFORMATIVE AT THE SAME TIME, LET US KNOW HOW YOU LIKE IT!

DR. ERIC





MEET THE CREW

My name is Sierra :) I've been a Chiropractic Assistant at this office a little over 6 months now. You may have seen me on the front desk, running around the office doing admin duties, or just providing a daily dose of humor to our patients. I truly believe that laughter has the capability to change someone's entire day and the effect of their chiropractic adjustment. On my days off I enjoy spending time with my Fiance, cooking, and listening to podcasts with my cats on my lap.

It is a privilege getting to know our patients and learning about holistic healing. I had experienced chronic back pain for most of my life. After a few adjustments I could feel the difference in the mobility of my neck and it majorly helped the pain in my lower back. Coming in new to chiropractic myself, it's easier to connect with the new patients and encourage them to actively participate in their overall health and wellness.

I look forward to seeing you at your next appointment!

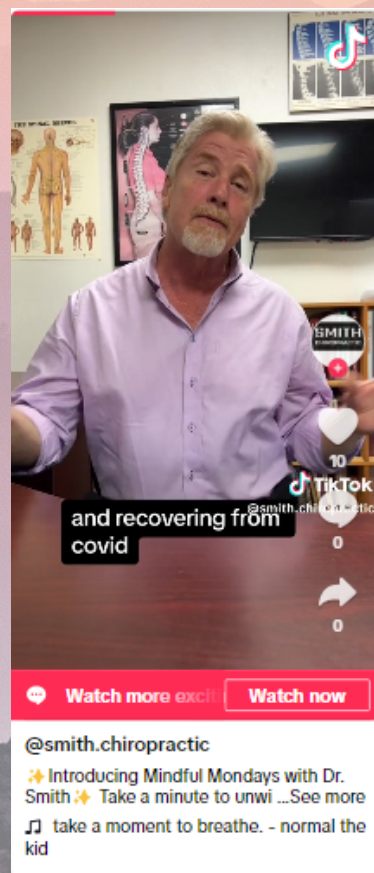
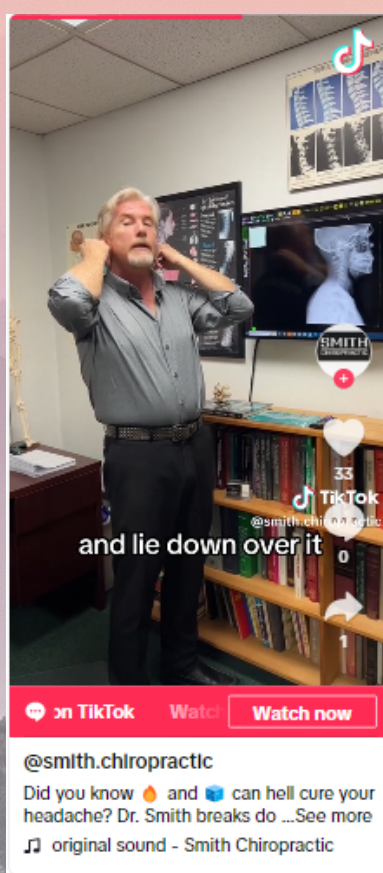
My name is Anna, I work at the front desk at Smith Chiropractic, I also manage our social media accounts. I've been working at the office for a little over a year and it has been a true gift to get to know all our patients. I love the daily chats I get to have while taking phone calls and scheduling appointments. My favorite part of the job is getting to know our patients as individuals and hear updates on their lives.

I have been receiving chiropractic care my entire life and have always been grateful for its capabilities. Chiropractic care has helped me recover from injuries, kept me from surgeries, and helped me manage chronic pain. When I started working at Smith Chiropractic, I was able to see the effects of chiropractic care with a whole new appreciation, I have gotten to see new patients discover the benefits of chiropractic care for themselves.

I look forward to catching up with you on your next visit!



WHAT A BUSY MONTH!



*WE ARE EXCITED TO
ANNOUNCE THAT SMITH
CHIROPRACTIC HAS A
TIKTOK ACCOUNT!
FOLLOW US, COMMENT,
AND LIKE TO STAY
CONNECTED!



CLICK ANY VIDEO TO
EXPLORE OUR
TIKTOK PAGE

JOIN OUR SOCIAL MEDIA COMMUNITY!

Here we announce more fun events and special offers

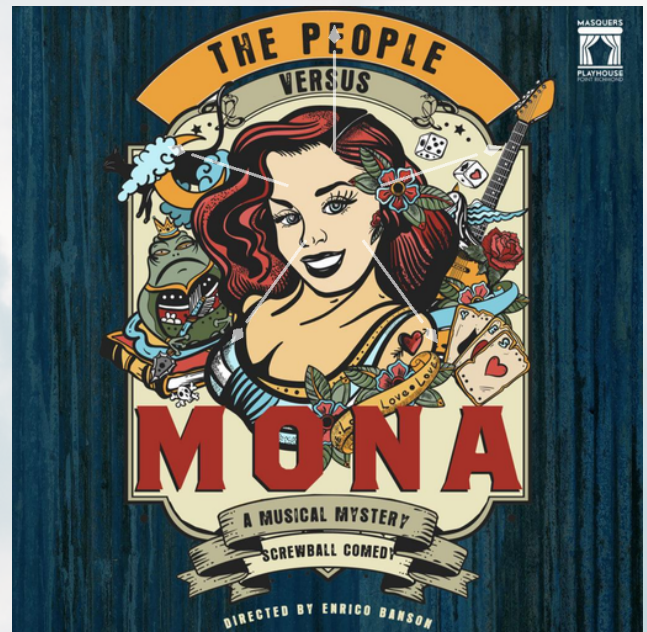


SMITH CHIROPRACTIC PLANT TOUR PART 4

CLICK HERE TO SUBSCRIBE
TO OUR YOUTUBE CHANNEL



LOCAL HAPPENINGS



SUPPORT YOUR LOCAL ARTISTS:
"THE PEOPLE VERSUS MONA"
SHOWING AT MASQUER'S PLAYHOUSE
NOVEMBER 2ND-26TH
GENERAL ADMISSION \$30.00

CLICK HERE
FOLLOW US ON FACEBOOK!!



We are happy to present limit series on the benefits of a strong body and mind practice.