



APRIL newsletter

EXPERIENCE HEALTH AND WELLNESS CENTER



WORKSHOP ALERT!

Join us for our upcoming Sprint Into Health Workshop, where we'll focus on proper movement, spinal disc health, and simple strategies to protect your body for the long run.

- During this interactive session, you'll learn:
- How movement affects your spinal discs
 - Key habits that cause disc stress and pain
 - Simple exercises to start using immediately
 - Natural ways to improve and protect your spinal disc health

Save the date and bring a friend! If you want to attend, call our office or talk to our team at the front desk at your next appointment!

Easter Recipe



BLESS A BOTTOM

We're excited to kick off our Bless a Bottom Campaign once again, benefitting The New Beginnings! Our goal this year is to raise 10,000 diapers and wipes, and we need your help to reach it! Drop off your donations at our practice and help make a positive impact for those who need it most!



Happy 2 Year Anniversary, Dr. Joy!

It's been two years since Dr. Joy joined the Experience team, and what a journey it's been! Her commitment to natural healing and her heart for helping others shine through in everything she does. Whether it's educating patients, adjusting with care, or simply brightening up the office with her energy, Dr. Joy does it all with a smile. We can't thank her enough for the impact she has on our office, team, and patients!



Happy Easter!



Happy Birthday, Jen!

You may not see this gem too much, since she mostly works remote BUT her leadership and dedication to our team shows in all that she does. She has been committed to our team for over SEVEN years, and we can't express how grateful we are for everything Jen brings to our team.

