

AUGUST newsletter

EXPERIENCE HEALTH AND WELLNESS CENTER

BACK-TO-SCHOOL TIPS FOR A HEALTHIER YEAR

A new school year is upon us, which means that it's time to ensure that your child is prepped and ready to take on the new year!

- **Backpack:** Ensure it fits properly & is worn correctly to protect their spines
- **Sleep:** Make sure your child is getting plenty of rest each night so they are ready to take on the day
- **Nutrition:** Start with a nutritious breakfast + pack a healthy lunch & snacks

Ultimately the best thing you can do to prepare your child for the new school year, is to make sure their nervous system is well regulated!

AUGUST WORKSHOP: GUT HEALTH

Join us on August 25th to learn how your gut health plays a powerful role in your digestion, immune system, energy levels, and overall wellness. Discover simple ways to support a healthier gut and better understand the connection between what happens in your gut and how you feel every day.

TARGET DISC PAIN AT THE SOURCE



Spinal decompression uses a gentle, computer-controlled pull to help relieve pressure on irritated discs and nerves. This non-invasive treatment can support relief from pain caused by sciatica, bulging or herniated discs, spinal stenosis, and chronic neck or low back pain, without needles, surgery, or downtime.

Summer marinated cheese



ARE YOU DRINKING ENOUGH WATER?



Even mild dehydration can impact how you feel and function. Discover why hydration is essential and how to make it a healthy daily habit.

