

## June 2014 Healthy Family Newsletter Smoky Valley Chiropractic

#### What Causes Subluxation? LIFE!!

What causes interference in your nervous system? There are 3 types of lifestyle stress that can cause subluxations.

Physical – what you do to your body.

Chemical – what you put in your body.

Emotional – what weighs on your mind.

Have you been living life?? Then you probably need to see your chiropractor!



#### Free Summer Classes Lunch & Learn



The Summer Survivor class with Dr. Loder was so fun!
CHEERS from everyone, the cups were empty - they loved the smoothies!
Join us for the next one –
Wednesday, June 18<sup>th</sup>
12:15 at the office

#### Big Smiles, Everyone!

Congrats to our \$50 Facebook drawing winner for the month of MAY...

#### **KAYLA JOHNSON!**



Be sure to 'like' Smoky Valley Chiropractic on Facebook!

#### **GREAT BIG DEAL**

Dr. Loder will be offering ½ price physicals on Salina.com's GBD beginning June 30<sup>th</sup>. Be sure to take advantage of this great coupon. Limited number available.

#### **Local Charity and Donation of the Month - Midsummer's Festival**



Dr. Loder is offering proceeds from his new patient exams to local charities and organizations. The May recipient is the Midsummer's Committee. Dr. Loder is pictured with Committee member, Kimi Stolzenberg. Be sure and enjoy the festivities on June 21st! Would your organization or club like to be considered for a donation? Contact Mari at drloder@sbcglobal.net.



Without health, happiness doesn't exist. Lay the groundwork for good health with chiropractic.



#### **School & Sports Physicals**



It's not too early to schedule school and sports physicals! Get your child's physical now for summer sports, summer camps and the fall season.

#### Our doctor offers same day appointments.

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All physicals are \$35 and must be paid Lunch & Learn nent. Wed., June 18<sup>th</sup> – a vith 12:15 vour **SUPER** SHOPPER!

-What to purchase -Where to look -What to read -Why it matters

### The Innate Lifestyle™ Program Eat Well Move Well Think Well®



Join us for Think
Well #2 on
Wednesday, June
11<sup>th</sup> at 6:00 PM.
Take control of
your health!

If you want to have a healthy body, you need to have healthy thoughts and emotions. Just as negative emotions can weaken the body's resistance, positive emotions can strengthen it!



Smoky Valley Chiropractic will once again be sponsoring the Midsummer's 5K run and 2 mile walk. Registration forms are available at the office, or online at midsummersfestival.com.

Join us for some morning exercise on Saturday, June 21st!



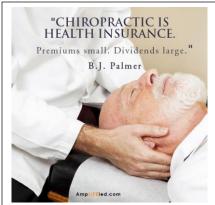
Please help us welcome
Amanda Chambers Luttig to
our chiropractic family!
She will be joining us full
time on June 1<sup>st</sup>. ©

# Cultivate Good Health & Reap the Benefits!



During this harvest season, cultivate good health and reap the benefits in all areas of your life! This coupon may be redeemed for \$5 off of your next chiropractic service or product. Exp. 6-30-14

(Limit one coupon per family please.)



You must invest in your health today, or disease may bankrupt you in every way later.



We are celebrating Independence Day by saluting our veterans. Help us show respect and gratitude for the freedoms we enjoy every day in this country.

#### Help us celebrate with some "Armed Forces Specials"

• Complimentary adjustments for all veterans and active duty service men and women June 30<sup>th</sup>, July 1<sup>st</sup>, and July 2nd.

Show your gratitude and help us spread the word!

SJMS - Many of you know that Dr. Loder travels to St. John's Military School twice a week during the school year to take care of the cadets. We said our goodbyes to some terrific young men a couple of weeks ago. Unlike our local graduates, who come in to get adjusted when they are home for breaks, we don't see these boys after they leave SJMS. Wishing them luck and all the best!









Happy Father's Day to Dr. Loder and all of those wonderful fathers out there! You are loved and appreciated!! ©