

April 2011

Pivotal Wellness Newsletter



Pivotal Wellness
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April 16th is
National Stress
Awareness Day

One effect of chronic stress is prolonged muscle tension and contraction. This muscle tension creates uneven pressures on the bony structures of the body, often leading to subluxations.

A chiropractor cannot make a job less stressful, or create a quieter, calmer world. What chiropractic treatment can do is help you develop healthy responses to stress, reducing potential physical damage.

For extra stress relief to go along with your adjustments Pivotal Wellness is offering 20% off Adrenal Essence, Sedlin, Myocalm, Magnsul, China Gel & RelaxMax

A Yoga and Detox Program at Pivotal Wellness

Your body needs some preparation for the change in seasons. Our New Start Cleanse will effectively clear out toxins, reinvigorate the digestive system, and enhance the livers ability to detoxify. Advantages of the cleansing include but are not limited to better absorption of nutrients from the diet and can also increase your energy and contribute to a strong immune system.

Cleansing Yoga: April 6th, 6-8

Relaxing Yoga: April 13th 6-8pm

Costs: \$40 for both yoga classes

New Start Cleanse \$28. Normally \$35!

Pick up a flyer & ask for more information at the Front Desk!

New Open Adjusting Hours Starting May 1st

Monday: 3-6

Tuesday: 9-12 & 3-6

Wednesday: 9-3

Thursday: 9-12 & 3-6

Friday: 10-12pm

New Product!

SAME & TMG
 Omega Pure Liquid
 Active Essentials w/ SGS & D3
 Immune Essentials
 K2-45

The Doctor's Out!

Dr. Brian will be out April 25th

Dr. Cathy will be out April 25th to 29th

Saturday 11:15 Yoga Class Focuses:

April 2nd – Forward bend to stretch the back.

April 9th – Backbend to stretch the front.

April 16th – Lateral bend to stretch the sides.

April 23rd – Twist to stretch & strengthen the back & core

April 30th – “Kitchen Sink” Little bit of everything!

Price Increase

Starting May 1st the price for our bars will be \$3 each.

If you would like to special order a supply before the increase please inquire at the Front Desk.



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