

Winterset family Chiropractic

Newsletter "March 2006"

STARTING THE NEW YEAR OFF WITH A "BANG"



Join our Ambassador patient Club!

We held our 2nd Star-Patient Ambassador Appreciation Dinner on Thursday, January 19th at "Cooking from the Heart." Roger and his staff served a delicious dinner.

Dr. Hoven started the evening with a brief presentation. Awards were handed out to our existing patient ambassadors and to our new ones for the 2005 year.

What is a patient am-

bassador? They refer 3 or more patients and stand behind our mission statement.

"EXIST TO EDUCATE PATIENTS, TO EDUCATE PATIENTS, TO EDUCATE PATIENTS"...

They help to promote events through our office during the calendar year.

At the end of every year you are given an Award and a Dinner to

show our appreciation for all your dedication.

Congratulations!!

2005 Ambassadors

Beverly Allsup

Judy Crabb

Dora Hibdon

Shawn Honnold

Wade & Becky

Porter

Charles Shafer

Debbie Shafer

Fred & Roberta

Silverthorn

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LOSE WEIGHT FEEL GREAT WEEK APRIL 3RD THRU 7TH

Winterset Family Chiropractic is holding a special week for all of us who want to lose weight and feel great while doing it.

As spring and summer is coming upon us we are all starting to exercise and want get into those suits for our summer vacations.

Join us at Winterset Family Chiropractic. We want to

start your spring off on the right foot by offering you a week of health.

Starting April 3rd thru the 7th we are holding a different class on each day.

MONDAY—weight management & Improving your health!

WEDNESDAY— 10 proper Eating Habits!

THURSDAY— Stress management, Eat for your Blood Type!

FRIDAY— Reaching your Potential!

Classes will be from 6:15– 7:00 p.m.

Reserve your seat TODAY !!

PRODUCTS OF THE MONTHS

MARCH

Ultimate Joint Repair

Is a synergistic combination of nutrients which supply cartilage joint, connective tissue and tendons with necessary building blocks.

APRIL

ResCo

Helps to soothe inflamed mucous membranes, reduce coughing, remove mucous, dilate airways and stimulate circulation.

MAY

A-F Betafood

Promotes healthy liver function, Supports cardiovascular health, maintains healthy metabolic function.

Cataplex B

Supports immune and nervous system, maintains a healthy circulatory system.

Winterset Family Chiropractic

CONDITION OF THE MONTHS

March— BURSTITIS

- Joint Pain and Tenderness
- Swelling
- Warmth over the affected joint
- Limited Range of motion

April— Asthma

- Shortness of Breath
- Difficulty in breathing
- Wheezing

MAY- Fibromyalgia

- Multiple Tender Areas
- Sleep Disturbances
- Reduced Exercise
- Fatigue
- Body Aches
- Chronic Muscle Pain

SPINAL CARE CLASSES AT WFC

MARCH

Friday, 3rd 12:15—12:45
 Monday, 6th 6:15—6:45
 Friday, 17th 12:15—12:45
 Monday, 27th 6:15– 6:45

APRIL

Monday, 10th 6:15-6:45
 Friday, 14th 12:15-12:45
 Monday, 24th 6:15– 6:45
 Friday, 28th 12:15– 12:45

MAY

Monday, 8th 6:15– 6:45
 Monday, 15th 6:15– 6:45
 Friday, 19th 12:15– 12:45
 Friday, 26th 12:15– 12:45

SEMINAR IN OVERLAND PARK KANSAS

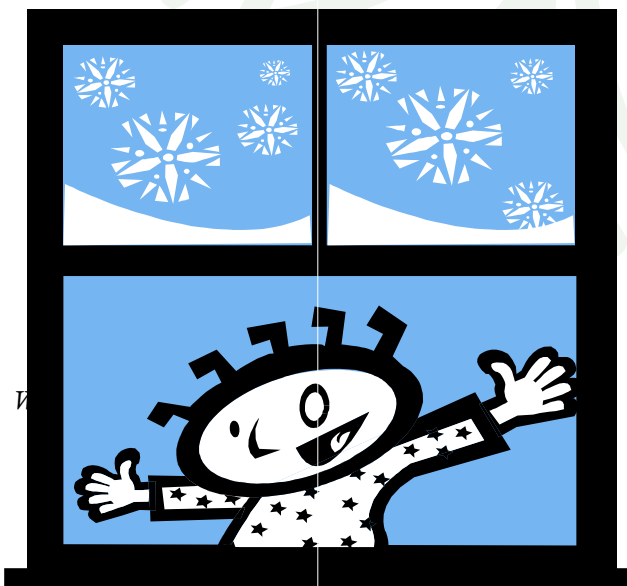
We attend at least 5 Seminars a year to keep our continuing education on Chiropractic care and how to have a successful and growing office.

We are able to meet with many other Chiropractic offices and hear their stories. We come home with many ideas and hope to implement some of the good ideas we hear.

Through this we learn how to better get our patients acquainted with chiropractic care. As some of you have noticed we are holding classes at the office 4 times a month. We have a sign up sheet at our front desk. You may bring a spouse, family member or a friend. If you can, please try to attend one of our classes you will be glad you did.

You can also call the office to sign up for these classes our phone # is 515-462-4644.

“Upcoming Events at Winterset Family Chiropractic”



***March-6th-10th
 Beautician Week***

***During this week
 Dr. Hoven is offering;
 Free- Consultation***

***Free -Exam
 Free– X-rays
 Free - ROF (report of findings)***

***April 3rd –7th- Lose
 Weight and Feel Great
 Week!***

***April 10th-14th- Tax Pre-
 pare Week!***

***April 17th—21st-
 Secretary Week!***

***If you are interested in any
 of these please call the of-
 fice 515-462-4644 and
 schedule an appt.***



wintersetfamilychiropractic.com

Cut along the perforated edge and return

If you would like to be on our E-mail list and receive Newsletters from Winterset Family Chiropractic please fill this form out and return it to Winterset Family Chiropractic.

I am giving my e-mail address to Winterset Family Chiropractic and permission to add me to the email list.

Date _____

Name _____

E-mail Address _____

MOVING TO A NEW LOCATION!!

*Some of have probably already heard we are moving to a new location. YES!
Dr. Hoven has purchased the "Rookies" building on Highway 169 north of
town. There is a lot of work to be done before we move. We are anticipating to
be in the new office by June.*

**Winterset Family Chiropractic
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