

FINE TUNED

a wellness newsletter

VOTED
best of

WEST MICHIGAN
CHIROPRACTIC CENTERS
By The Holland Sentinel Readers

Your Wellness Partners

April 2011

**Parkhurst
Chiropractic**



Lakeshore
Wellness Center
Mind • Spirit • Body

LORDEX®
SPINE
CENTER
of WEST MICHIGAN

**Parkhurst
Sports**
Performance
& Rehabilitation



616.392.9500 364 & 372 Garden Avenue ~ Holland, MI 49424

Dr. Brian Parkhurst, D.C. • Dr. Karla Parkhurst, D.C. • Dr. James Friess, D.C. • Dr. Jeremy Lengkeek, D.C.

Complimentary Springtime Wellness Program

Limp out of Winter and Leap into Spring

Now is the time to get ready for going out in your garden, on the golf course and generally getting out of the house after a loooong winter. Our purpose here at Parkhurst Chiropractic is to help all our patients experience optimal health and to make our care affordable to everyone.



We would like to invite you to participate in our **Complimentary Springtime Wellness Program** to help you eliminate pain or deal with any other health concerns.

If you have been experiencing aches and pains or just haven't been seen in a while, then schedule a consultation appointment with one of our doctors to determine how we may help. If needed, digital imaging will be provided*.

If you find yourself gaining weight, fatigued, overwhelmed, and not sleeping; schedule a nutritional consultation with Dr. Karla which includes a body mass analysis & a preliminary adrenal gland functions test to determine how well you handle stress.

Remember this program is offered at no cost to you*.

Our doctors are able to help you accelerate and/or maintain your journey to good health.

If you have financial concerns we have programs to make our care affordable to everyone.

Please call and ask for your **Complimentary Springtime Wellness Program** as a gift from us to you.

Yours for better health, *The Staff at Parkhurst Chiropractic*

*Medicare/Medicaid/ Insurance guidelines apply.

Concerned Parents of Young Athletes™ Program

- Do you have concerns about your child playing sports?
- Do you know the spinal conditions that could prohibit your child from playing contact sports?
- Do you know how to identify if your child has had a concussion and what's the appropriate treatment?
- Has your young athlete had a biomechanical sports screening?
- Are you interested in helping your child improve their sports performance?

Most potential injuries are biomechanical in nature, and while student athletes are tested pre-season with a medical exam, not enough structural information is provided. Much more can be done to reduce the likelihood of injury both before and during the season.

We have the ability to keep your child healthy and in the game by utilizing our young athlete Structural Fingerprint® exam and sports screening. This information and more will be discussed in our Concerned Parents of Young Athletes™ Lecture.

www.parkhurstsportsperformance.com



Attend the
Concerned Parents of Young Athletes™ Lecture
Tuesday, May 3, 2011 @ 6:30 pm

Howard Miller Community Center, 14 S. Church St. Zeeland
Call our office today for reservations to attend the lecture or to schedule a complimentary consultation including a young athlete sports screening. 616.392.9500

Your Wellness Partners



On the internet?

So are we. Check out our new interactive tools!

Our website has been totally redesigned with you, the patient, in mind. It is easier to navigate and is now brimming with resources. Check out the Community Content full of exercises and articles that you can access at any time from the comfort of your home. Just log on to www.parkhurstchiropractic.com and see what we have for you. Our goal is to help you have optimal health. You Deserve to be Healthy!

Also find us on Facebook. You can easily follow the happenings at Parkhurst and connect with us. "Friend" us and receive a \$10 off - 1 hour massage coupon. We'll watch for you.

