

FINE TUNED

a wellness newsletter



Your Wellness Partners

September 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.

Are you Hurt or Playing in Pain?

Our Clinic has a staff of doctors, trainers, and therapists that provide state of the art care for sports injuries. If you or your child has an athletic injury call our office for a sports exam and see how we can get you back in the game!

Here's what **Dan Skuta from the Cincinnati Bengals** has to say about our team:



"I sustained injuries from the 2010 football season and was suffering with this condition for about 3 months. I had sought other treatment but never received full relief. Dr. Brian has been a lot of help. He listens to me and does a good job at treating my symptoms. I felt relief almost immediately with some of the issues. Everyone at Parkhurst has been very friendly and helpful throughout the time that I have gone there."

**Call today for your
appointment with
our team.**

Calling all Seniors!

Did you know as a patient of Parkhurst Chiropractic that with every adjustment you receive complimentary e-stim or ultrasound?



These therapies are natural non-drug solutions to muscle pain and for our seniors are always free. Discuss these options with your doctor at your next appointment and they will determine the best treatments for your conditions.

October is Women's Health Month At Parkhurst Chiropractic

We are dedicating the month of October to Women's Health Issues. See our website for articles on Women's Mid-life Issues, Weight Loss and many others. Watch our calendar of events for the classes that will be held in Zeeland and Holland this month by Dr. Karla.

If you do not receive our e-newsletters sign up at our website and read more about Women's issues. If you would like to discuss your issues with Dr. Karla please call the office for a complimentary consultation.

Addressing Women's Mid Life Issues

October 18, 2011 • 6:30 pm

Howard Miller Community Center

**DON'T
MISS!**

October 20, 2011

Hope College

Call for more details

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. "Like" us to receive exclusive offers! We'll watch for you.



Pardon our Mess

We are in the process of updating our office to the latest government complete certified EMR (Electronic Medical

Records) system . This will allow us to be on the cutting edge of what is happening in the medical health field for our patients. Our new system is also completely Medicare certified.



We hope to still provide you with excellent service during your appointments and making calls to our office however we want to apologize up front for any delays you may experience.

While we are going through this transition and working out the bugs please accept \$10.00 off a 1 hour massage for any inconvenience this may cause you during the month of October.