



February Means Love is in the Air!



Supplement of the Month

Take care of your heart with Ortho Omega! Omega-3 fatty acids are known to benefit cardiovascular health! Orthomega® 820 is a high-concentration fish oil that is amazingly Burp Free! Grab yours in February for **10% off!**

Special Kids Race

Join us Saturday March 11 for the 12th annual Special Kids Race! Team Stanlick Chiropractic will have participants in the 1 mile fun run, 5k, and even 10k! Visit www.specialkidstn.com for more information.



The second month of the year is officially here! We hope you enjoyed our January newsletter and will continue to enjoy this month's edition. With February comes full blown winter. Snow and ice keep people cooped indoors. Physical activities are limited. But it's also a time to reflect on love with Valentines Day. This month's newsletter will include how you can still stay active and love on yourself and others!

Massage Therapy

Treat yourself and a special someone to one of our therapeutic massages.



See why Dr. Stanlick recommends why everyone should get a massage.

“Stanlick Chiropractic has 7 massage therapists with over 30 years combined experience, treating a variety of musculoskeletal conditions. Massage therapy can be done alongside the adjustment to enhance the adjustment by helping reduce the muscle spasms and soreness. It can also make the adjustment more effective and last longer!”

Did you know that if you purchase a massage package (2 or more massages) you will receive a 10% discount! Gift cards are also available!

Here We Grow!!



Stanlick Chiropractic has been fortunate enough to serve the community of Murfreesboro for the last 18.5 years. Dr. Stanlick first opened his doors in a small building on Memorial Blvd. Within a few months it was evident that it was time to move for growth to happen. So he moved to the Battleground location. After 6 years in that location, it was time to look for bigger space that would allow for other doctors to join the practice. In November of 2013, Stanlick Chiropractic moved to our permanent Northfield location. After adding 2 additional doctors to the practice, it was clear that we could still help more people so we expanded and opened our Fortress and Barfield locations in 2018 and 2019. We are happy to announce that our Fortress location has outgrown our current space and have officially broken ground in hopes to be in our new building January 2024!!

Referrals, Referrals, Referrals!

We thank you for trusting Stanlick Chiropractic with your health, and we would be forever grateful if you would share the awesomeness of our company with your friends and family! To reward you for referring your friends and family, in February, if you refer 3 patients to us, we will give you one of our super soft crewneck sweatshirts that is modeled below by our handsome Baine!

*patient must come in for their new patient exam in the month of February



Doctors Corner

Last month, our doctors provided some easy neck and back stretches that could be done at home. This month because so many people are indoors with the colder weather, the doctors have provide 2 easy exercises that can keep you active while indoors and also help strengthen your core!

Planks

Face down with your forearms and toes on the floor. Your elbows are directly under your shoulders and your forearms are facing forward. Your head is relaxed and you should be looking at the floor. Hold this position for 10 seconds. Repeat 5x. Increase by 10 seconds everyday.



Bridges

Lie on your back with your knees bent. Tighten the muscles in your stomach. Raise your hips off the floor until they line up with your knees and shoulders. Hold for three deep breaths. Repeat 5x

