



**S T A N L I C K**  
c h i r o p r a c t i c

## We are so **LUCKY to have YOU!**

**2023 is moving quick! March is here which means Daylight Savings time, warmer weather, baseball, and of course those dreaded Spring allergies! You are in LUCK though, because this month's newsletter will give you some great tips on how to have the BEST March ever! !**



### Mark your Calendars

#### *Women's Social is Back!!*

We are so excited to be hosting one of our favorites events of the year again! Come join us **April 28th from 5pm-9pm** We will be hosting women owned small businesses from the community.

#### **VENDORS ARE NEEDED!**

If you or someone you know owns a small business and would be interested in setting up at the social, please email [marketing@stanlickchiropractic.com](mailto:marketing@stanlickchiropractic.com)

Please be sure to include business name along with a description of the business.

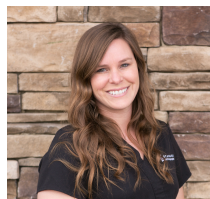
Spots are limited!

#### **DID YOU KNOW..**

The American Chiropractic Association reports up to 3 million Americans sustain back pain after an injury. That injury can include a motor vehicle accident. All of our doctors have a combined experience of 40+ years in treating patients with auto accident injuries like whiplash, disc herniations, and soft tissue injuries.

#### **Questions on whether your insurance will cover chiropractic care after a motor vehicle accident?!**

We have designated Personal Injury Liaisons in each of our offices that will make the process seamless for you to make sure you can focus on your care.



Carolan  
Northfield PI Liaison



Shannon  
Fortress PI Liaison



Rachel  
Barfield PI Liaison

#### **Stanlick Chiropractic Upcoming Events:**

**March 11th** Special Kids Race

**April 17th-21st** Murfreesboro City Health Fair

**April 28th** Child Advocacy Hometown Heroes Walk for Children

**April 28th** Stanlick Chiropractic Womans Social

**June 3rd** Simply Smyrna

\*Have an event where vendors are needed?! We would love to join! Please just email [marketing@stanlickchiropractic.com](mailto:marketing@stanlickchiropractic.com) for any upcoming event

*AWWWCHOO!* Anyone else sneeze when they see the Tennessee Bradford Pears bloom?! Or does your nose itch and eyes water from that yellow film on your car?! If any of this describes you, Spring allergies have gotten the best of you! But no worries, we have your back with our allergy supplement

### **Just Breathe!**

This supplement is an all natural formula of quercetin, bromelain, stinging nettles leaf and N-acetyl cysteine. The powerful combination actively promotes healthy nasal and sinus passages for individuals with elevated histamine and respiratory irritation. Stock up on this much needed supplement for **10% off** for the month of March!



### **Doctor's Corner**

Spring is a chiropractor's dream season! We love that the weather is warming up which allows our patients to get up and moving. Staying healthy means staying active! Spring is also a very busy time for chiropractors because of all the outdoor activities happening there are more opportunities for injuries. Below are a few stretches that will help you after you are done with your favorite Spring activity!

#### **Hip Flexor Stretch**

Begin in a kneeling position, with a straight back. Lean forward to feel a gentle stretch in your groin. Hold for 30 seconds. Repeat on the other side. Do 3 sets of 30 seconds on each side



#### **Assisted Hamstring Stretch**

Lie on your back and with a straight knee, raise your leg until you feel a stretch in the back of your thigh. Hold for a count of 10 with the assistance of a partner, a strap, or a doorframe. Repeat 5x on each side



Be sure to follow @stanlickchiropractic on Social Media!

