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LAKELAND
CHIROPRACTIC

YOUR INNATE POTENTIAL

Now accepting new patients.
Get your spine and
nervous system checked today!

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Pick 3 Things You Don't Want to Change

Now Let's Work on the Rest...

Once again we find ourselves in the wonderful holiday season. We get together with family and friends and wonder in amazement how every year goes faster than the last. We will feast and celebrate the year that has passed and look at the New Year with hope as a fresh start. 2014!

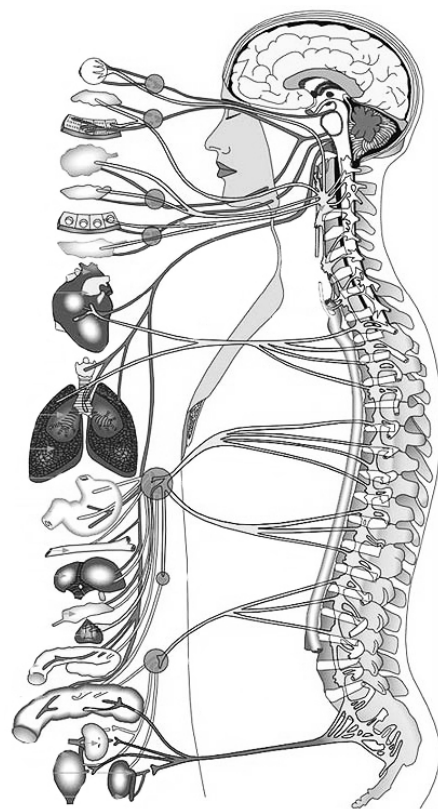
Of course we all know that New Year's resolutions are a big part of this. But let me ask you: what is the point of a New Year's resolution if it's not kept? Most of us want to improve our lives... but there's an old saying: **"Everyone wants to be Mr. America, but not everyone likes to do their push-ups."**

The beautiful thing about this life is that you are the master of your own destiny, and if you think someone else is in control of the outcomes in your life, I'd contend you are sadly mistaken.

One technique for making a massive difference in your life is PICK 3 THINGS YOU DON'T WANT TO CHANGE, and then go to work on the rest. So what ideas do you have? Do they involve stopping an unhealthy behavior that has been a challenge? Or beginning a new, healthy habit? Do it for your family...do it for your children...most importantly – do it for yourself!

- No Soda
- No Fast Food
- Quit smoking
- No Food after 8 pm
- No Pill popping
- Walk for 30 minutes a day
- Eat Fruits and Vegetables every day
- Buy Organic
- Schedule a Vacation
- Start a Dream/Goal/Step/Task Journal

Chiropractic care is just one aspect of wellness. In order to express your full potential, you must have a full connection between the brain and the body. Your nerve system is your communication system and it is housed and protected by your vertebral column.



Learn More

Set your calendar for upcoming Lakeland Chiropractic Wellness lectures & events held at various venues. Lectures are 30 minutes long and free to attend. We can help you and your family establish reasonable, realistic goals for your well-being and health. Cheers to your health and a New Year!

MONDAY, JANUARY 13

"A New Year...A New You!"

Pizza Ranch – Oostburg – 6:30pm
Soup & Salad bar is included

Learn more about how to improve your health and quality of life with natural, manageable approaches to exercise, weight loss, diet & nutrition and detoxification – with Dr. Dirk Dulmes of Lakeland Chiropractic.

Limited seating – call to reserve your seats today.

MONDAY, JANUARY 27

"Movie Night"

"Forks Over Knives" – 6:30pm at Lakeland Chiropractic
Forks Over Knives suggests that "most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting our present menu of animal-based and processed foods."

Limited seating – call to reserve your seats today.