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FEBRUARY 2014 • VOLUME V • NUMBER II

## Happy Valentine's Day!

When you're in love, taking the time to do something nice for your spouse or significant other on Valentine's Day is a special way to show someone how much you love them. You remind each other that you are the center of each other's universe, treat each other to a nice dinner, and celebrate your romance. This year, take some time on Valentine's Day to show your sweetheart how much you love them. Honor tradition with some nice flowers, a card, and chocolates in a heart-shaped box...but don't forget to also show how much you love somebody by renewing your commitment to health.

Living healthy should not just be something you do when you feel overweight or as an urgent reaction when you are faced with health challenges – it's important every day of your life. The choices you make about your own health truly have a profound impact on the health & happiness of your significant other. Making smart, preventive choices together as a couple now can help prevent health issues later in life. It is never too late to start! Ask anybody who has lost the gift of good health...most would do just about anything to have it back.

Nothing says "I Love You" more than doing all you can to make sure you stay healthy for your loved one. Living a balanced, disciplined life with regard to your diet & health means doing your part to be there for one another for as many healthy, happy years as possible. If you have children, it means being around for as long as you can and maximizing your family's quality of life throughout all of your years together. It also means making healthy lifestyle choices a part of your family's routine so your children can carry the torch someday.

Every person is unique – and what defines "healthy lifestyle" might differ from relationship to relationship. However, one thing that we all have in common is that we all have a spine, a brain, and a nervous system. Your spinal and nervous system health dictates all function in your body. Most of us have had a routine physical exam and have had our teeth checked within the last year or two – but when was the last time you had your spine checked? In order to have full healthy function in all areas of the body like your heart & cardiovascular system you **MUST** maintain a healthy spine & nervous system and make responsible choices with all other areas of your health.

### Learn More

Mark your calendar for  
upcoming 2014 Advanced  
Wellness Workshops & events.

Workshops 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.

### FRIDAY, FEBRUARY 14

Valentine's Dinner at The Bull  
*"Partners in Life – and Health"*



7:00 pm – Wellness Workshop

7:30 pm – Dinner (Courtesy of Lakeland Chiropractic)

Join us for 30 minutes with your sweetheart to learn more about improving your relationship, health, and quality of life. Call (920) 564-6061 for your reservations today.

### MONDAY, FEBRUARY 24

Heart Disease Prevention

6:30 pm – Lakeland Chiropractic

Learn more about the choices that can help lead you to optimal heart & cardiovascular health. Prevent heart disease by eating right, caring for your body, and understanding what makes heart disease the #1 killer of American people. Limited seating – call (920) 564-6061 to reserve your today.