

MILAN CENTER NEWS

Seasonal Newsletter

Summer 2019

Summer Events

• Lake Run 2019

The Lake Run was a huge success! Northwest Housing Alternatives raised over \$100,000 dollars and so many of you were to thank for that. We enjoyed the beautiful weather and chatting with you at our booth this year!



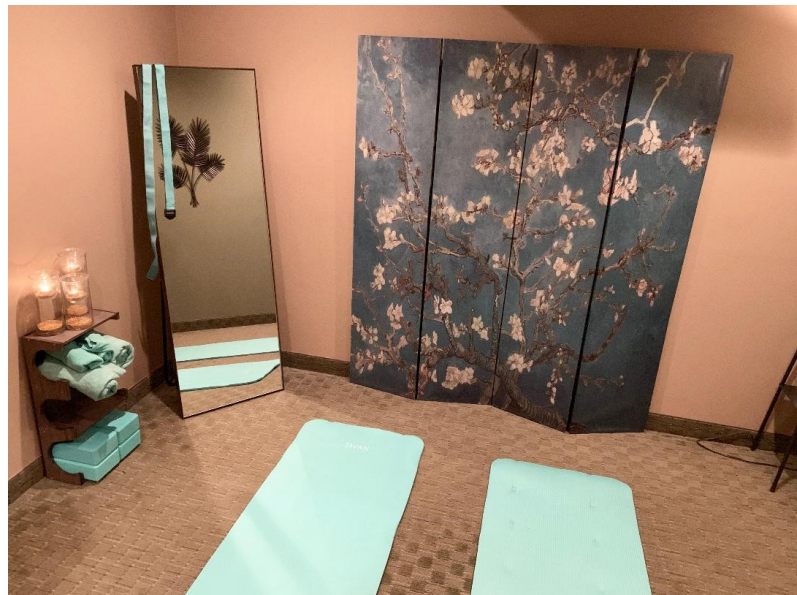
• Howl at the Moon— August 10th

If you're looking for adventure and great weather this summer, this event is for you! Sign up for the Adventure Fun Run or swing by to check out the booths with local food and brews. We hope to see you there!



Welcome to our Summer Newsletter! Our newsletters will keep you informed on current topics in healthcare, updates to the clinic, and other matters related to chiropractic and your health. We hope you are enjoying the summer weather and getting outside as much as possible!

We are very excited to announce that Lindsey, one of our massage therapists has begun incorporating Yoga into her services here at Milan Center! She is a certified yoga instructor and is thrilled to combine two powerful aspects of healing. Read about her work below!



“Yoga is where mindfulness, strength and balance meet. Building a strong foundation with alignment and control is the goal. The purpose of yoga is to meet yourself right where you are, in the moment, with no judgment or hesitation. Yoga’s purpose is to bring awareness to where you are mentally and physically on your healing journey.”

Lindsey will now be offering two types of yoga sessions:

- 1 hour private lesson

- OR -

- 30 minute lesson with a 60 minute massage

The one hour private session will be dedicated to those looking to begin or deepen their current yoga practice. The 30 minute session is a great option for implementing active range of motion and mobility to facilitate a therapeutic experience with the addition of hands on therapy.

While Lindsey is trained in Power Vinyasa, focusing on the physical benefits of yoga, it is important to know that yoga postures are just one of the 8 beneficial limbs of yoga. Breathing techniques and meditation can be incorporated as needed.



Meet our new Receptionist Zola!

Zola has been a great addition to our team and if you are in the office during the afternoon, then you will recognize her! Zola is a Portland native and has been on the hunt for the best fish tacos in the area. When she's not trying new places to eat, Zola loves to explore nature with her family and of course binge watch her favorite shows like Desperate Housewives, Friends and The Office. She is also a dedicated member of the largest marching band in the world, the One More Time Around Again Marching Band. She believes nothing is more important than family and that includes the family we have created here at Milian Center.

In This Issue:

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Stay up to date with events,
office hours, holiday
closures, and get healthcare
tips!

Hours & Info
 Monday 8:30—5:30
 Tuesday 8:30—5:30
 Wednesday 8:30—5:30
 Thursday 8:30—5:30
 Friday 8:30—5:30
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