



SUMMER WELLNESS STARTS WITH CONSISTENCY

As the days grow longer and the weather warms up, summer brings a welcome change of pace. Vacations, family outings, barbecues, and weekend getaways often take center stage, while healthy routines, including chiropractic care, can easily fall by the wayside.

For many patients, summer disrupts the rhythm of regular chiropractic visits. However, staying consistent with your care plan is crucial to maintaining the progress you've made, preventing setbacks, and feeling your best throughout the season.

Chiropractic care works best when it's consistent. Whether you're being treated for pain, posture correction, mobility issues, or overall wellness, each adjustment builds upon the last. Skipping visits can delay your progress or cause symptoms to return.

Here's why sticking with your schedule matters:

- Maintains spinal alignment and nervous system function
- Helps prevent relapses or flare-ups
- Supports energy, mobility, and overall well-being
- Keeps you proactive rather than reactive about your health

Tips to Stay on Schedule This Summer

- Make sure all of your appointment times are scheduled throughout the summer. This ensures you stay on track without overloading your calendar.
- Add flexibility to your care. Remember, Power Hour is twice a month to help make up appointments you have missed.
- Set reminders. Set recurring reminders on your phone or calendar to keep you accountable.
- Bring the family. Turn your appointments into family wellness visits.
- Stay mindful of your body. Listen to your body and don't delay care if something feels off.

The Bottom Line

Summer is all about unwinding, exploring, and soaking up the sunshine, but your spine still needs support. Keeping up with your chiropractic care helps you stay aligned, energized, and pain-free so you can fully enjoy the season. Even with a busy summer schedule, a few simple habits can help you stay on track with your health goals.

SUPPLEMENT SPOTLIGHT



\$10 Off

Orthomega® 820
180ct all
Summer long!

Orthomega \$87 (Reg. Price)

Numerous studies have shown that omega-3 oils support heart, brain, and eye health—and fish oil capsules remain one of the best sources available. Fish oil also offers several benefits for sunburn recovery, including reducing inflammation, supporting skin repair, and possibly increasing your sunburn threshold.

This July and August, enjoy \$10 off Orthomega 180ct to help you stay healthy through the summer. In-store purchase only.



RACING FOR REVIEWS!

Clairpointe Family Chiropractic is on a mission to grow our online presence, and we're making it fun with a friendly staff competition! Throughout the month, our team will invite patients to leave reviews and distribute postcards with QR codes that link to **Google**, **Yelp**, and **Facebook**. Each staff member will track their efforts, and the one who collects the most reviews will win a prize!

We truly appreciate you taking the time to support us with a review—thank you for being a part of the Clairpointe Family Chiropractic community!



Clairpointe's Family Week

From **August 11th to 22nd**, we are excited to host Clairpointe's Family Week. During this time, we invite you to bring your family in for a complimentary new patient visit. This appointment will include an exam, X-rays, and a follow-up report.

Stay tuned for further updates!



Strawberry Arugula Salad



Craving something fresh and delicious? Try a refreshing Strawberry Arugula Salad—perfect for summer! Packed with flavor and nutrients, it's a tasty way to eat light. Scan the QR code to view the recipe and give it a try today!



Recipe by: www.thepioneerwoman.com

TEACHERS

Make Yourself A Priority This Summer

Start Your Wellness Journey Today!

Summer Self-Care for

Teachers and Educators! 🍏

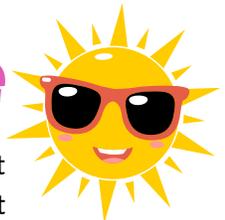
At Clairpointe Family Chiropractic, we deeply appreciate the hard work and dedication our educators show throughout the year. As summer break approaches, we want to help them prioritize their health and wellness.

All summer long, we are offering a free consultation and reserving special appointment times exclusively for teachers and educators who are interested in starting their wellness journey with us.

Do you have a special educator in mind who could use a recharge this summer? Pass this newsletter along and have them call **Clairpointe Family Chiropractic** today at **(313) 886-8030**, or they can schedule their new patient appointment on our website at www.clairpointe.com.

Offer ends August 31st, 2025. We accept Blue Cross Blue Shield, Messa, and other major insurances.

Summer Puzzle



Do you love a good challenge? Put your puzzle-solving skills to the test with Clairpointe's summer puzzle! Scan the QR code to get started and see if you can crack the clues. It's a great way to keep your mind sharp while enjoying a relaxing summer.



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