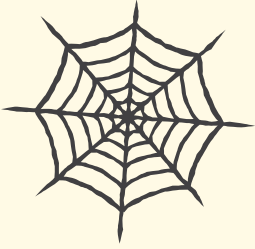


THE TRILLIUM THREAD



The Monthly Newsletter of Trillium Chiropractic



October Updates

- Autumn Woods Classic
- Halloween Popcorn Party
- Sign Up for Halloween 5k
- Elderberry Flash Sale
- Donate to Kids Explore Camps

Asking for Volunteers @ Autumn Woods Classic

Attention all patients, friends and family:

Trillium Chiropractic is sponsoring the Autumn Woods Classic at Elm Creek on **Saturday, October 9th** and we are asking for **10 volunteers!** There will be some stationed at the finish line responsible for handing out waters/gatorade and a few assisting with trash and waste.

Please come and hang out with us and enjoy in the fun! We will have a sign up sheet in the office for those who want to participate!

Follow the link below for more information:
<https://www.threeriversparks.org/page/autumn-woods-classic>



**AUTUMN WOODS
CLASSIC 10K 5K 1K**

Saturday, October 9th

7:30 AM: Registration and Packet Pickup opens

8 AM: Camp S'More Grand Opening

8:30 AM: 5K Chocolate Run/Walk Start

10 AM: 1K Marshmallow Run/Walk Start

10:30 AM: 10K Graham Cracker Run/Walk Start

Location

Elm Creek Park Reserve
12400 James Deane Parkway
Maple Grove, MN 55369

Halloween Week Popcorn Party!

To celebrate Halloween without all the sweets, we will be popping popcorn in the office and will be handing out bags to share. Don't forget to schedule your appointment for the end of the week to join in the fun!

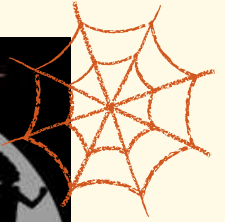


Popcorn in Office:

Wed, Oct 27th- Fri, Oct 29th



Feel free to dress up and get in the Halloween spirit.



It's Not Too Late! Join Us For The Fearless 5k

Looking to burn some calories before all the Halloween candy shows up at your house?! We are still asking for our patients to join us in running a 5k on Halloween morning! Dress to impress and don't forget your running shoes!

When: Oct 31st at 9:15AM

Where: Cladahh Irish Pub (parking lot)
7890 Main St N Maple Grove, MN US 55369



Elderberry Flash Sale 10% Off in October



Running low on Elderberry Syrup going into the flu season?! Make sure to stock up! We are having a flash sale on our 30oz Elderberry Queen syrup through the month of October. Get it before we run out!

What are the benefits of elderberry syrup?

- Provides cold and flu relief
- Reduces sinus infection symptoms
- Lowers blood sugar
- Acts as a natural diuretic
- Eases allergies

\$30.78



Collecting Donations for Kids Explore Camps



We will be collecting donations for the **Three Rivers Explorer Camps**, which bring experiences to local neighborhoods at no or low cost for participants. With each donation, we will put your name on a leaf to be added to our fall tree! **We will be accepting donations through the end of November.**

We would like to thank you in advance for taking action to give kids the opportunity to develop a meaningful connection with nature through Explorer Camps.

