

THE TRILLIUM THREAD



The Monthly Newsletter of Trillium Chiropractic



September Updates

- Welcome Sydni Larson
- Participate in Fall Bingo
- James J Hill Days
- Sign Up for Fearless Halloween 5k
- BOM- Knapton's Raspberries

Welcoming Sydni to Trillium

Meet our new front desk coordinator, Sydni! She has brought a vibrant new energy to the clinic and we are so excited to have her on our team. Make sure to say "hi" to her at your next appointment!



Sydni was born and raised in Lake Elmo, Minnesota. During her earlier years of education, she enjoyed competitive swimming for her school swim teams and played volleyball and lacrosse in the off-seasons. Sydni attends Metro State University and is pursuing a Nursing degree. She's eventually hoping to become a Nurse Practitioner specializing in Women's Health. When Sydni's not working or doing schoolwork she likes to 'binge' new Netflix shows and she's a self-proclaimed "Bachelor Nation fanatic". She also loves spending time with her two young nieces and her 93-year-old grandfather, showering him with hugs whenever she gets the chance. Sydni enthusiastically joined the practice in August 2021, bringing knowledge and experience in front office-administration.



Play Our Fall Bingo To Win Prizes

Fall Equinox begins on September 22nd. To celebrate fall and all the joy that it brings we are asking our patients to participate in our Fall Equinox bingo! The board is filled with many activities to do whether it be at home or out and about. To check off the box, you must complete the activity, tag

@TrilliumChiropractic as well as hashtag #fallequinoxbingo (in a story) on either Facebook or Instagram. Feel free to ask your friends and family to join in the fun! Don't forget to follow us on our social media platforms. The bingo board will go through the end of October! Prizes will be awarded to those that complete a bingo. A grand prize will be awarded to the first person to complete all activities! Happy fall and let the competition begin!

FALL EQUINOX BINGO	Go for a fall hike	Decorate for fall	Drink a pumpkin latte	Get lost in a corn maze	Visit the farmers market
	Visit an orchard	Have a movie night	Get spooked at haunted house	Read a book	Tailgate at football game
	Wear a flannel	Have a backyard bonfire	Visit the chiropractor	Make caramel apples	Warm up with a cozy soup
	Carve a pumpkin	Sip some apple cider	Jump into a pile leaves	Trick or treat	Wear a sweater
	Eat pumpkin pie	Visit the zoo	Run a fall 5k	Pick out a Halloween costume	Go on a hay ride

We Will Be At James J Hill Days

September 11th 10AM- 9PM & 12th 10AM-4PM



Who is James J Hill?

Since 1975 the weekend following Labor Day in Wayzata has been dedicated to honoring James J. Hill, Minnesota historic figure and once owner of the Great Northern Railroad Company. Hill, builder of the present train depot in 1906, contributed significantly to transform Wayzata into the beautiful tourist location and friendly community we know today.

What is James J Hill Days?

James J. Hill Days is Lake Minnetonka's favorite community tradition, as highlighted by its recent "Best Of" Lake Minnetonka award. For the last 43 years this annual festival has brought the community together to celebrate Wayzata, while enjoying food, fun & family festivities.

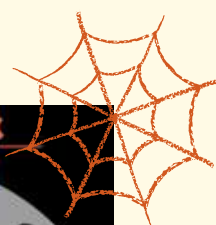
Come visit our booth and enjoy a free chair massage!

Join Us For The Fearless 5k

Dr. Katelyn, Dr. Lee and Sydni will be running the 5k and we are asking for our patients to join! There is only limited number of tickets left so make sure to purchase a ticket before they run out!

When: Oct 31st at 9:15AM

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



Business of the Month;

Knapton's Raspberries, Pumpkins & Orchard



Meet Mel Knapton! Over 40 years ago Mel started a raspberry patch and wanted to share the crop with friends and family. Today he owns many acres off Hwy 55 in Greenfield, MN and people come from near and far to pick fruits, veggies, flowers and pumpkins on his farm. Please help us support him as our Business of the Month! Follow the link <http://knaptons.org/> to see what crops are in season!

