

THE TRILLIUM THREAD



The Monthly Newsletter of Trillium Chiropractic

March Updates

- Ukraine- Relief Drive
- 10% Off All Green Product
- March Madness
Popcorn Party
- 6 Tips For Improving
Posture



Ukraine Relief Drive



Meest Chicago Shipping, LLC has been shipping items to Ukraine for more than 20 years. Meest is entering Ukraine with other companies on a humanitarian mission. They are sending humanitarian aid and basic military supplies to Ukraine to fight against Putin's aggression. Meest is collecting donations of needed items to support Ukrainian people in this unprovoked war. Meest is sending shipments daily and your help is needed! Trillium wants to help & needs your help too! You can help by sending items **directly** to Meest, Chicago where it will be packaged and shipped with other donations or purchases.

*Add a note to any purchases. Note: HELP UKRAINE
You may also bring items to Trillium & we will take care of the shipping for you.

Ukraine Relief Continued...

Use SHIP TO address:

MEEST CHICAGO SHIPPING
HELP UKRAINE
820 Ridge Ave.
UNIT J
Chicago, IL 60148

Donation Item List

FOR HUMANITARIAN RELIEF

- non perishable food (BIG DEMAND)
- Clothes & footwear for men/women/children
- thermal underwear
- hygiene products
- diapers
- blankets
- bedding
- first aide kits
- sleeping bags
- candles
- containers for liquid
- standalone lamps
- disposable tableware

Donation Item List

FOR UKRAINE'S MILITARY

- Lanterns
- gauze sponges
- gauze bandage rolls
- grabber warmers
- large ice packs for injuries
- hand warmers
- thermal underwear (M, L, XL)
- Trekking sock (9-13)
- Walkie- talkies
- Knee pads (Bodyprox, Nocry, Sellstrom)
- Fleece zip up hoodies
- T-shirts/ leggings
- Bottoms
- Gloves
- Thermal sock
- arm sling
- emergency thermal blankets
- Antiseptic wound gel
- antiseptic wipes
- blood pressure machines
- elastic bandage wraps
- camping sleeping bags
- Tactical Fleece cap winter warm beanies



10% Off All Green Products



Happy March! Since it's St. Patrick's Day month we will be having a special sale on all our green products through the end of the month! These products include:

- Charlottes Web Calm gummies
- Charlottes Web Mint Chocolate tincture
- NutriDyn Fruits and Greens- Green Tea Melon
- NutriDyn- Essential Multi Vitamin 90 Count
- Lacrosse Balls



March Madness Popcorn Party

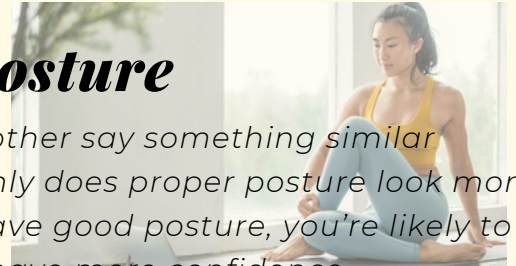


Wednesday, March 16th- Friday, March 18th

We are excited to announce we'll be bringing popcorn back into the office to celebrate a full month of all you can watch NCAA college basketball March Madness! If you are looking to fill out a bracket, you can grab one from the front desk. Complete your bracket before the start of the tournament on March 15th.

6 Tips For Improving Posture

"Stop slouching-sit up straight." You likely heard your mother say something similar growing up. Your well-meaning mother was right. Not only does proper posture look more attractive, but it's also better for your body. When you have good posture, you're likely to have a better mental outlook, experience less pain and have more confidence. The good news is there are many things you can do to perfect your posture. Here are some tips.



#1. Engage in posture exercises.

While any type of exercise may help improve posture, specific posture exercises can help you stand a little taller. You can also develop more strength, balance and flexibility in your body.

#2. Set up an ergonomic workstation.

Sit in a chair with a straight back, and keep your feet flat on the floor. You should also consider using an adjustable standing desk that allows you to alternate between sitting and standing throughout your workday.

#3. Strengthen your core.

Your core muscles affect your ability to maintain proper posture. A strong core can help you maintain better posture. Pilates, yoga and core fitness exercises programs target the core, which can help improve your posture.

#4. Avoid tech neck.

Whether you're streaming your favorite show on your tablet or texting a friend on your smartphone, having your head in a downward position can lead to neck problems and poor posture. It's a good idea to raise your screen higher, hold your head up and keep your phone at eye level, and take breaks often.

#5. Mind your mattress and sleep position.

Choose a firm mattress that provides good support to your spine, and avoid sleeping on your stomach. By lying on your side or back, your spine will be in a neutral position.

#6. Get adjusted.

Chiropractors can correct poor posture, such as forward head translation or slouching, and realign your spine. Regular adjustments could help you maintain proper posture.