

# ***THE TRILLIUM THREAD***



*The Monthly Newsletter of Trillium Chiropractic*

## ***February Updates***

- *Treats on Valentine's Day*
- *5 Ways to Love Your Spine*
- *Follow Us On Social Media*

## ***Treats on Valentine's Day***


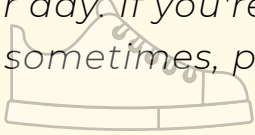
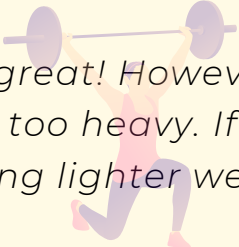

*Don't forget.. Valentine's Day is upon us! We would love to help you celebrate Valentine's Day with your family or that special someone. Stop by on Monday, February 14th for a treat bag to give your loved one. We will have a creative option to personalize your gift as well. Don't miss out in the fun.*



## 5 Ways To Love Your Spine

While Valentine's Day is typically about showing how much you love and care for that special someone in your life, that's not the only way you can celebrate the holiday.

Here are a few ways you can make sure your spine gets some much-needed TLC.

1. **Start your morning with a glass of water.** Between each vertebrae of your spine is a shock-absorbing disc made up of mostly water. Keeping your body hydrated is crucial to helping your spine move correctly. 
2. **Choose supportive shoes** to go about your day. If you're running errands or spending a lot of time in shoes, sometimes, picking function over fashion is much better for your body! 
3. **Be mindful of your posture.** Simply being aware of whether or not you're slouching your shoulders or carrying your head too far forward can help you make small postural adjustments that may help diminish back or neck pain. 
4. **Love to exercise?** That's great! However, you should always be careful of lifting weights that are too heavy. If you made it a goal to exercise more in 2022, start by lifting lighter weights and gradually increasing them as you get stronger.
5. **Did you know the average person spends nearly 230,000 hours on their mattress over the course of a lifetime?** That's why making sure yours is supporting your spine is so important! Mattresses may require flipping or rotating every couple of months, and sometimes, purchasing a new one if it's been several years. 

Still looking for the perfect gift for the love in your life? We have gift cards available to the practice, which can be applied to any of our services, including adjustments, massage and products!

Give us a call or stop by the practice today to purchase yours.



**Follow Us On Social Media**



Trillium Chiropractic posts many updates on social media whether it be upcoming events, testimonials, education, new promos and/or sales going on in the office. Follow us on Instagram and Facebook to stay in the know about all the exciting things happening at the clinic.