


THE TRILLIUM THREAD

The Monthly Newsletter of Trillium Chiropractic



August Updates

- *Meet Our Therapists*
 - *Kate Brunner*
 - *Elizabeth Garness*
- *Back To School BOGO*

Meet Our New Massage Therapists




Meet Kate

Kate was born in Minot ND. Where she was very involved with her community, sports and school events. She has always had a passion for the human body and wanted to find a way to help others not only physically but mentally in a positive way. Kate attended the Salon professional academy in Fargo ND for massage therapy and graduated in 2016. She then took a job working for a small chiropractic business for almost 6 years in Moorhead MN before joining the Trillium team.

Experience

Kate specializes in therapeutic, deep tissue, Swedish, hot stone and pregnancy massages. She is certified in cupping and reiki. Her main focuses are on injuries, sciatic pain, shoulder pain and headache/migraines. Kate is outgoing, attentive and determined to help you get the treatment needed for the best outcome for your overall health.

Meet Elizabeth



My name is Elizabeth and I have been a massage therapist for just under a year. I am from South Dakota but moved here for school. I joined the United States Army Reserves in November of 2016.

Experience

I have training in Neuromuscular Therapy, Trigger Point Therapy, Deep Tissue, Relaxation, Hot Stones, and prenatal massage.

Back To School BOGO Massage

Limited Time Offer

Give your body the gift of relaxation now thru September 30th. It's a great way to try out our new massage therapists and give your body some much needed attention following the busy and stressful summer! Also, don't forget to ask your therapist different ways to enhance your session with cupping, aromatherapy and more! Purchase now before it's too late! Your body will thank you.

