

THE TRILLIUM THREAD

The Monthly Newsletter of Trillium Chiropractic



June Updates

- *Father's Day Raffle*
- *BOM; YogaSix Studio*
- *Mocktail Recipe*

Need a Father's Day Gift? We've Got You Covered!

Are you still on the hunt for a gift for your dad and want to donate to a great organization? Make sure to check out our **Father's Day Raffle!** We are raffling off a MN Saints baseball hat and 4 lower level tickets to Saints game at CHS stadium (for Sat, Aug 10th @ 7:10PM), a grill set with a \$50 Von Hanson's gift card & golf outing for 2 at Shamrocks including 24 golf balls. *Tickets are available at the front desk and all proceeds will go towards Prostate cancer research.

We will draw the winners the week before Father's Day so you can pick up your gift for the special day! Good luck to all the entries and your donations are truly appreciated!

***cash only please**

TRILLIUM CHIROPRACTIC & RENEW SPINE PRESENT

FATHER'S DAY RAFFLE

A special treat for all the Pops out there!

4 SAINTS TICKETS
LOWER LEVEL WITH
SAINTS HAT

GRILL SET WITH VON
HANSON'S GIFT CARD

SHAMROCK GOLF
COURSE GIFT CARD &
SET OF 24 GOLF BALLS

\$1.00 buy in for each raffle! All proceeds will go towards Prostate cancer research
<https://www.pcf.org/research/>

WINNERS WILL BE DRAWN ON JUNE 18TH

Business of the Month:



Please take the time to check out our new wellness partner and business of the month for June; YogaSix! The Trillium team was lucky enough to be guided through a wonderful beginner session with our yogi instructor, Abby, at the Maple Grove location. Their studio was inviting, clean, and provided a great beginner level yoga class.

We love our Maple Grove community and enjoy partnering and creating relationships with local businesses. If you are looking for a new workout to add to your routine, check out YogaSix!

Next time you are in for an adjustment ask about YogaSix and we can give you a **coupon for one free class!**

Y6 Maple Grove

8056 Wedgewood Ln N
Maple Grove, MN 55369
Phone: [\(763\) 999-1247](tel:7639991247)



Learn More About YogaSix

Each studio is a locally owned and operated franchise location. YogaSix offers 6 different class types from hot and powerful to slow and mindful. They also offer beginner classes and sculpt classes. The teachers have been trained in the YogaSix methodology to provide a consistent but creative experience for each class type every time. They teach in a way that is easy for everyone to follow and understand. YogaSix has expert staff will help you find the right class to help you achieve your goals.

In Honor of Baby Hummel, Enjoy This Mocktail Recipe: Zero-Proof Jalapeño Paloma



This Zero-proof Paloma skips the tequila and adds in muddled jalapeño for a spicy take on the classic. The virgin paloma is then topped off with fresh grapefruit and lime juices & sparkling water for a refreshing drink without the alcohol. It's great for when you want something more exciting than water without a ton of extra sugar.

***If you do want to add in tequila, use two ounces of blanco or reposado tequila.**

Ingredients

- 1/4 jalapeno
- 1/2 Tbsp agave syrup
- 1 1/2 tsp water
- juice from 1/2 red or pink grapefruit (about 1/3 cup)
- 1 Tbsp fresh lime juice
- Sparkling water or grapefruit Lacroix to top
- 1 grapefruit wedge for serving
- Optional: Sea salt (kosher salt, or Tajin seasoning for the rim)

Instructions

1. If you like salt on your rim, add a few tablespoons to a wide, shallow bowl. Zest half the grapefruit into the bowl and stir to combine.
2. Chop the jalapeno (leave the seeds and pith to make it a little spicier; remove them for milder) and add them to a cocktail shaker or sturdy glass along with the agave syrup. Use a muddler or the handle of a wooden spoon to muddle the jalapenos (basically, gently mash to release the flavor and start infusing the syrup), then add the grapefruit and lime juices. For a spicier drink, let it infuse for at least 15 minutes.
3. If you're salting your glass, use a paring knife to cut a small slit into the grapefruit wedge and rub it along the rim to moisten it, then roll it in the salt until coated. Gently tap away any excess.
4. Fill the glass with ice and pour in the cocktail, jalapenos and all. Top with sparkling water, 1/3 to 1/2 cup or to taste. Serve with the grapefruit wedge.