

THE TRILLIUM THREAD

The Monthly Newsletter of Trillium Chiropractic

July Updates

- CROSS Donation Drive
- BOM; Title Boxing Studio
- Arrival of Dr. Katelyn's Baby Girl; Reese Odell



Trillium is Partnering With CROSS & Asking for Donations!

This month, we will be partnering with CROSS and are having a donation drive for those in need.

What is CROSS?

CROSS Services is a non-profit social services organization based in Rogers, MN and assists local families and individuals in need, with an emphasis on ending hunger through access to healthy food. They serve Rogers, Maple Grove, Osseo, Corcoran, Dayton, and Champlin (West of 169) communities of Minnesota. In addition, CROSS has special outreach programs, such as KidPack and mobile food pantries, in Brooklyn Park and St. Michael. CROSS Services is supported by community donations and volunteerism. The organization is also governed by a volunteer board of directors.

How You Can Help!

Cross is currently in need of personal hygiene products including:

Shampoo, conditioner, moisturizers, razors and shaving cream, toothbrushes, toothpaste, mouthwash, deodorant and eye care contact solution and glass care items. Also First Aid Kits!

TRILLIUM CHIROPRACTIC DONATION DRIVE FOR THOSE IN NEED



Shampoo
Conditioner
Moisturizers



Razors & Shaving
Creame



Tooth Brushes
Toothpaste
mouthwash



First Aid Kit



Eye Care
Contact Solution
Glasses care



Deodorant



Business of the Month:



Please take the time to check out our new wellness partner and business of the month for July; TITLE Boxing Club. TITLE Boxing Club is the best and only authentic, full-body workout that changes your body, clears your mind and completely engages your spirit. Their signature POWER HOUR classes utilize the fundamentals of a true boxer's workout to strengthen and tone your arms, legs, back, core and confidence. The exclusive membership gives you full access to unlimited workouts with any of our trainers in all our classes. Easy monthly payments eliminate the steps of counting classes. Just show up and start sweating! Family memberships are also available. See how you can scorch fat, boost cardio, and tone lean muscle all while learning real boxing techniques. Getting results has never been so much fun!

Title Boxing Club

11615 Fountains Drive
Maple Grove, MN 55369
Phone: **(763) 432-7073**



Learn More About TITLE Boxing

TITLE Boxing offers a variety of different classes based on your wants and needs including:

- Boxing
- Kickboxing
- Mixed Martial Arts (MMA)
- Private Sessions

All Locations

Maple Grove, Coon Rapids, Edina, Lakeville, Arden Hills, SW Minneapolis & Woodbury

www.titleboxingclub.com

Baby Hummel Has Arrived!



Message from Dr. Katelyn

Rita "Reese" Odell Hummel made me a mommy on Monday, June 14th at 11:20pm weighing in at 6 lbs 10 oz and 20 inches long. She's a peanut! My husband, Jared and I are beyond words and so honored to have the opportunity to carry on our grandmothers' names.

A huge shout out to Dr. Lee and Taylor for doing such a stellar job at overseeing the clinic and allowing me to take time away for maternity leave.

Dr. Katelyn will be back in the office a few shifts a week and plans to bring in baby Reese real soon for everyone to meet her!

