

# January Newsletter

Millard Family  
CHIROPRACTIC & Wellness

Welcome to 2026. We're excited for a new year filled with opportunities to care for you, serve your health, and support you in every way we can.

## Neuropathy Seminar

Experience these symptoms?

- Numbness or tingling in hands or feet?
- Feel like you are walking on pins and needles?
- Difficulty sleeping from arm or leg discomfort?

Join us if you or a family member suffers from Neuropathy...

**SUFFER NO MORE!!**

**F R I D A Y F E B . 2 0 T H A T 1 1 : 0 0 A M**

Where? 16831 LAKESIDE HILLS PLZ.  
OMAHA, NE 68130



## Zerona Body Contouring Seminar

Curious about body contouring?  
Join us to learn how the Zerona Z6 Laser works and find out if treatment could be a fit for you.

When?

**T U E S . F E B . 3 R D**

Where? AT 6:00 P M  
16831 LAKESIDE HILLS PLZ.  
OMAHA, NE 68130

Millard Family  
CHIROPRACTIC & Wellness

[WWW.MILLARDWELLNESS.COM](http://WWW.MILLARDWELLNESS.COM)

(402)934-7557

16831 LAKESIDE HILLS  
OMAHA, NE 68130

## The Gift of Health

THE RECIPIENT OF THIS CAN RECEIVE A FREE DOCTOR'S CONSULTATION, EXAMINATION, REPORT OF FINDINGS, AND X-RAYS (IF NECESSARY)

VALID THROUGH  
JANUARY 26, 2026



Scan here to schedule or  
call (402)934-7557  
Mention this card



Offer not available to patients with state or government funded health plans such as Medicaid or Medicare. We comply with applicable federal civil rights laws and do not discriminate on race, color, origin, age, ability, or sex. Cannot be combined with other offers. No cash value.



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# Why did the snowman go to the chiropractor?



He had a  
slipped disc!

## Service Highlight

### Low Level Laser for Brain Balance

Your brain and nervous system work together to control:

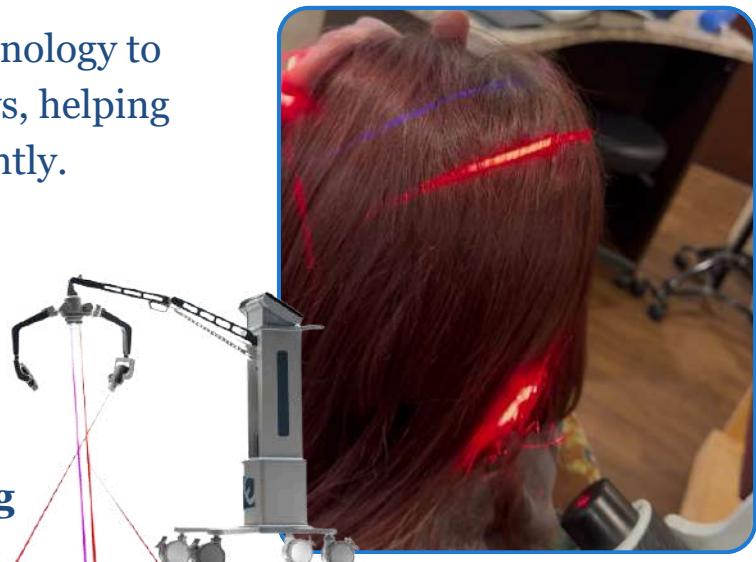
- Focus and attention
- Mood and emotional regulation
- Sleep quality
- Stress response
- Overall body coordination and balance

**When the brain is out of balance, the body often feels it.**

The Erchonia FX 405 uses low-level laser technology to gently stimulate specific neurological pathways, helping the brain and body communicate more efficiently.

Patients often report support with:

- **Improved focus and mental clarity**
- **Calmer nervous system response**
- **Better balance and coordination**
- **Reduced stress and tension**
- **Enhanced overall sense of well-being**



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## Mobility Kit

# Kit Highlight

OUR MOBILITY KIT IS CRAFTED TO EASE MUSCLE AND JOINT PAIN, ESPECIALLY DURING PHYSICAL STRESS. COMBINING PREMIUM HERBS, MINERALS, AND COLLAGEN, IT OFFERS A HOLISTIC APPROACH TO PAIN MANAGEMENT.

### Kit Includes:

- Collagen Complete
  - Benefits health of bones, joints & skin
- Myo Complete
  - Supports healthy muscle relaxation
- Arthro Complete
  - Supports and maintain joint health
- Mobile Max
  - Provides joint support, better range of motion & relieves inflammation
- Pain Shield
  - relieves pain and discomfort & stimulates circulation



PROGRAM LASTS 30 OR 90 DAYS

RECLAIM YOUR MOTION, REDUCE YOUR PAIN  
AND RESTORE YOUR INDEPENDENCE!



*Did you know?*

All 32 NFL teams have their own chiropractor to boost performance, maintain wellness and treat musculoskeletal strain and injury.



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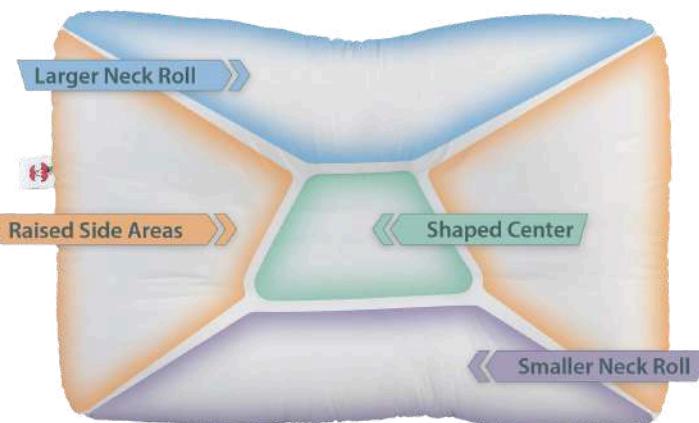
# Product Highlight

## Tri-Core Cervical Support Pillow

The Tri-Core Cervical Support Pillow helps relieve neck pain and headaches by keeping your spine properly aligned while you sleep. Its contoured center cradles the head, while raised sides support the neck—perfect for back and side sleepers. With multiple size and firmness options, it promotes better posture, reduces strain, and helps you wake up refreshed.

### Key Benefits:

- **Reduces headaches & neck pain** by supporting proper spinal alignment
- **Improves sleep quality** with a design that cradles the head and supports the neck
- **Supports both back and side sleepers** with raised sides and a contoured center
- **Prevents future neck and shoulder issues** with proactive cervical support
- **Custom fit** with two neck roll sizes and a gentle version for easier transition



### THANK YOU FOR ALL THE REVIEWS!



The doctors are very intentive to their patients needs and listen to them. I have been going to the chiropractor for 13 years now. And feel very comfortable going every time

*-Nick D.*

Dr. Kealey Nelson is absolutely amazing she has seriously transformed my life when I first started seeing her I was in a lot of pain and discomfort now I walk like a new man she created an organized well-thought-out Wellness Plan for my recovery if anybody is looking for a fantastic chiropractor and a friendly environment non-judgmental this is the place to go

*-Garrett D.*

I have been going to Millard Family Chiropractic for many many years and love the care and friendship they provide. I have seen every provider and they all give exceptional care.

*-Vicki W.*

Every staff member is very knowledgeable and very understanding. You can definitely tell the staff wants to help make the patient's experience amazing.

*-Erin B.*



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# Employee Highlight

## CHANDLER

Hi, I'm Chandler! I've been with Millard Family Chiropractic for a month and a half, and what I love most about being here is being able to help people and the community that has been built.

When I'm not at the office, you'll usually find me working out, watching football, or holed up in my room.

Chiropractic care has impacted my life by allowing me to learn more about helping people manage and treat their pain as well as helping me with my own back pain. I'm so grateful to be part of a team that makes a difference in people's lives and helps them feel better.



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IT'S SNOW SECRET WE HAVE THE  
BEST PATIENTS

Susan H.

Kelsey S.

David R.

Shelli W.

Jessica H.

Tiffany K.

Jamie S.

Tracy B.

Linda S.

Laura P.

Chandler P.

Nancy J.

Dr. Kealey Nelson

Efren R.

THANK YOU FOR YOUR REFERRALS