

J U L Y 2 0 2 5

NEWSLETTER



A NOTE FROM DR. SHERI

Can you believe we're already halfway through summer? ☀️
I'm excited to invite you to our Midday Summer Wellness Series — happening Thursdays at 12:30! Each week brings something new to keep you feeling your best, so swing by and join us! Summer fun can take a toll on the body, so don't forget to schedule your adjustment and check out our favorite summer wellness tips on the last page. Can't wait to see you at the Wellness Series — and wishing you a healthy, happy July!
– Dr. Sheri

• Midday Summer Wellness Series •

July 17th

Unwind & Align

Discover how spinal decompression can help relieve pressure and get your spine back on track.

July 24th

The Light Fix

Learn how, what and why low-level laser therapy can accelerate healing, reduce pain, prevention and weight loss.

July 31st

Gut Check

Explore the gut-brain connection and how to fuel better health from the inside out.



16831 Lakeside Hills Plz.
Omaha, NE 68130



12:30-1:15 pm

**Live demonstrations
and prizes for attending**

JULY 2025

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
- Artho Complete
 - Support and maintain joint health
- Mobile Max
 - Provides joint support, better range of motion & relieves inflammation
- Pain Shield
 - relieves pain and discomfort & stimulates circulation

MOBILITY KIT



PROGRAM LASTS 30 OR 90 DAYS

THANK YOU FOR THE REVIEWS

DID YOU KNOW

All 32 NFL and all 30 NBA teams have their own chiropractor to boost performance, maintain wellness, and treat musculoskeletal strain and injury. Elite athletes know how chiropractic helps them achieve peak performance!

★★★★★
Everything went great! They took care of my back problems and are the nicest group of people out there!

-Jeremy M

★★★★★
Dr. Sheri has been my chiropractor for nearly 20 years. She's knowledgeable, compassionate and always willing to listen.

-Chris S

★★★★★
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

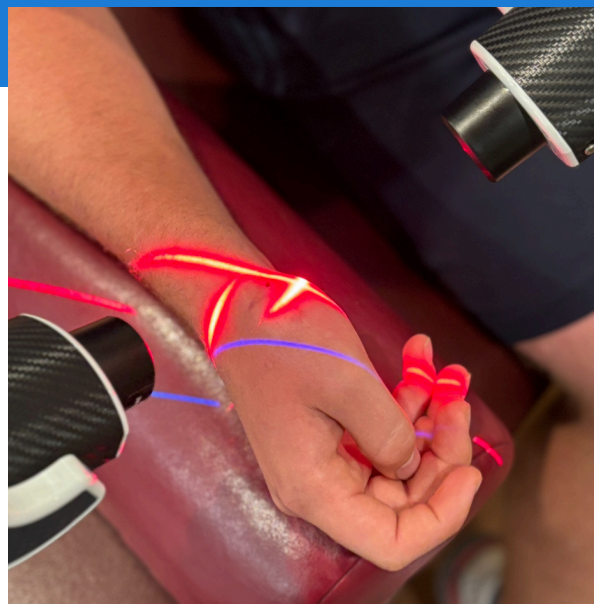
★★★★★
I love Dr Kealey! She's so nice and knows what she's doing. The best!

-Angela A

Low Level Laser for Inflammation

The Erchonia FX405 Low Level Laser is an advanced, non-invasive therapy designed to target inflammation at the source. Using safe, FDA-cleared laser technology, the FX405 helps stimulate your body's natural healing processes without pain, heat, or downtime. Whether you're recovering from an injury, managing chronic joint or muscle pain, or experiencing inflammation-related discomfort, this therapy can help reduce swelling and promote faster healing—naturally and effectively.

- KEY BENEFITS:**
- Reduces inflammation at the cellular level
 - Safe for all ages with no side effects
 - Can relieve pain caused by inflammation-related conditions
 - (e.g. arthritis, soft tissue injuries, overuse)
 - Improves circulation and cellular oxygenation
 - Promotes faster healing and tissue repair

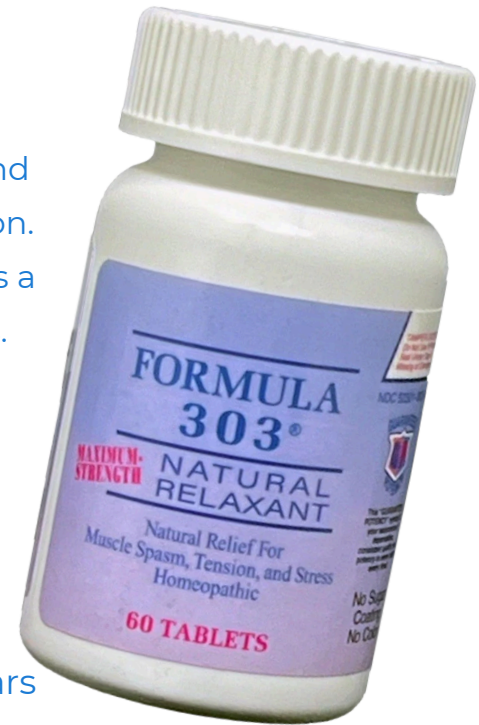


Formula 303

Formula 303 is a natural muscle relaxant and stress relief supplement that combines valerian root, passionflower, and magnesium to promote relaxation and ease muscle tension. Commonly used for stress, anxiety, and muscle spasms, it's a non-habit-forming alternative to prescription medications.

Key Benefits:

- Naturally promotes relaxation and calmness
- Eases muscle tension and spasms
- Supports restful sleep without grogginess
- Non-habit-forming and drug-free
- Trusted by healthcare professionals for over 60 years



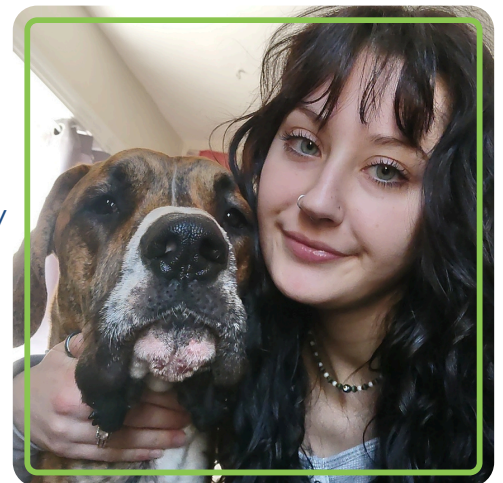
Employee Highlight

KAITLYN

Hi! I'm Kaitlyn, and I've been proud to be part of the Millard Family Chiropractic team for over four years. What I love most about working here is being part of a group of strong, compassionate women who share a passion for natural healing and making a difference every day.

Outside the office, you'll usually find me hanging out with my dogs or spending time with my family. I'm also currently studying Health Science at Southeast Community College in Lincoln, working toward a future where I can continue helping others thrive.

One of the most rewarding parts of being at Millard Family Chiropractic is witnessing the life-changing results our patients experience. It's an honor to be part of that journey.



JULY 2025

Tips to help you keep moving this summer

GET ADJUSTED REGULARLY

Keep your spine aligned and nervous system functioning at its best—especially with all the extra outdoor activity and travel.

STAY HYDRATED

Dehydrated muscles cramp more easily and your joints need fluid to move smoothly. Aim for half your body weight in ounces of water each day.

STRETCH DAILY

Focus on your neck, back, and hips. A few minutes in the morning or after being active can make a big difference.

TAKING A WALK

Avoid peak heat and get your steps in when it's cooler. It's great for circulation, mobility, and mental clarity.

USE PROPER FOOT WEAR

Regular Flip-flops might be fun, but they can throw off your alignment. Choose supportive flip flops like Archies or sneakers when you'll be on your feet for long.

YOUR REFERRALS MAKE OUR HEARTS FLUTTER

- Kelli L.
- Sheyenne W.
- Brad M.
- Camden A.

- Kelci C.
- Shannon P.
- Kris G.
- Kaitlyn A.

- Ashley W.
- Katherine C.
- Veronica B.
- Courtney L.



*feel better?
refer others*