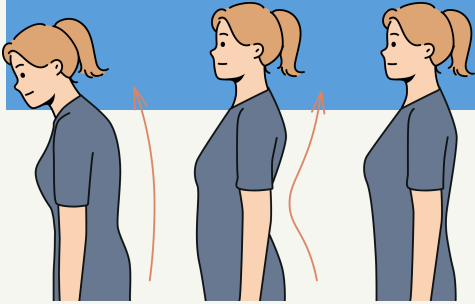


May Newsletter

2025



May is Posture Awareness Month – How's Yours Holding Up?

Posture plays a big role in how you feel each day. With over 65 million Americans experiencing back pain annually, posture-related issues are now the third most common reason for doctor visits.

Chiropractic care can help. By correcting spinal misalignments, chiropractic adjustments support better posture, reduce pain, and improve overall function. The result? **Less tension, more energy, and a healthier you.**

This Posture Month, consider seeing how chiropractic care can help you stand taller and feel better.

Exam Special

In April we welcomed year 24 of our business!

In celebration, we are offering a complimentary exam to patients who have not been in our office in 6 months or longer.

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.

SCHEDULE HERE



(402)934-7557



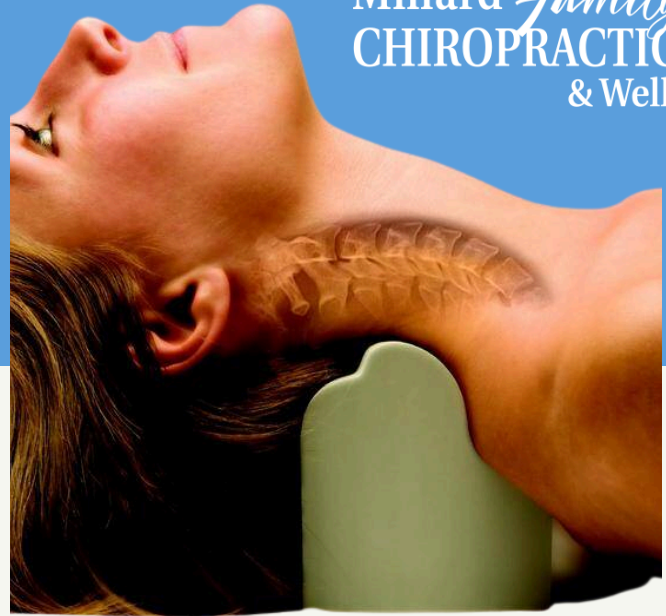
info@millardwellness.com



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THE DENNEROLL
COMES IN THREE
DIFFERENT SIZES



WE ABSOLUTELY
LOVE THIS PRODUCT!!

DENNEROLL

The Cervical Denneroll is a simple, research-backed device designed to gently restore the natural curve in your neck. Using it regularly—under your chiropractor's guidance—can help reduce pain, improve posture, and support long-term spinal health, all from the comfort of your home.

Key Benefits:

- Relieves neck and upper back pain
- Supports nervous system health
- Improves posture and spinal alignment
- Safe and easy to use at home
- Helps restore the natural curve of your neck

The Great Garden Giveaway

May 1st-31st

WE ARE CELEBRATING OUR AMAZING PATIENTS ALL MONTH LONG WITH **A CHANCE TO WIN** A GARDEN GIFT BASKET FILLED WITH A \$100 LOWE'S GIFT CARD, TOOLS, DECOR AND MORE!!

HOW TO ENTER:

Earn 1 entry for each of the following:

- ✓ Attend an appointment
- ✓ Refer a friend or family member
- ✓ Leave us a Google Review

DRAWING WILL BE FIRST WEEK OF JUNE



DECOMPRESSION



Spinal decompression therapy is a safe, non-surgical way to relieve pressure in the neck or lower back. By gently stretching the spine, it helps treat conditions like herniated discs, spinal stenosis, and pinched nerves—reducing pain and promoting natural healing.

Key Benefits:

- Relieves neck, back, arm, and leg pain
- Improves posture and spinal alignment
- Promotes natural healing through increased circulation
- Enhances mobility and range of motion
- Reduces the need for medications or invasive procedures
- Supports long-term spinal health and wellness

Did you know?

OVER 100 MILLION
ADJUSTMENTS OCCUR
EACH DAY, GLOBALLY.



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Weekly Flower Drop

EACH WEEK IN MAY, WE'LL BE DRAWING A NAME FROM ALL THE ENTRIES RECEIVED ACROSS THE DIFFERENT WAYS TO ENTER THE GREAT GARDEN GIVEAWAY—AND DELIVERING A BEAUTIFUL FLOWER BASKET RIGHT TO THE WINNER'S DOORSTEP!



THANK YOU FOR ALL THE AWESOME REVIEWS!!



Everyone here is so nice and professional! I started going here due to a lower back issue. After she fixed that issue and multiple others I didn't realize I had. I have never felt better! They have so many different styles of treatment you just have to let her know so she can help you feel better too!

-Jay M.



Millard Family Chiropractic and Dr Sheri have helped keeping my back in place. She does a wonderful adjustment. I don't live in town but I always try to get into their office for an adjustment when I am in town!

-Deb H.



The quality of care is exceptional! I fell, and banged up my face. Dr Sheri recommended light therapy, and wow! I'm healing really fast. It's amazing. I am traditionally a slow healer. After two light sessions, I am thrilled at how quickly my skin is recovering. If light therapy is suggested for you, try it. I believe it's worth it!

Thank you Dr Sheri.

-Marina C.

Employee Highlight

LACY

I'm Lacy, and I've been proud to be part of the Millard Family Chiropractic team for over a year and a half! What I enjoy most about my role is being able to support and guide our patients on their personal wellness journeys through use of our Zerona body contouring laser and weight loss programs—it's incredibly rewarding to be part of their progress and healing.

When I'm not at the office, you'll most likely find me with my family, whether we're attending activities or simply enjoying quality time together. I'm also a big dog lover—especially Yorkies—and have one of my own who keeps life extra fun.

What I value most about chiropractic care is the ability it gives me (and others!) to stay active, feel good, and live life to the fullest.



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FORMULA 303

Millard *Family*
CHIROPRACTIC ©
& Wellness

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



☎ (402)934-7557

✉ info@millardwellness.com

🌐 www.millardwellness.com

OUR PATIENTS ARE THE BEE'S KNEES

- Leann M.
- Kailah W.
- Mary N.
- Jenny K.
- Allison G.



- Bobbi S.
- Mackenzie W.
- Nicole E.
- Lacy R.
- Dr. Kealey N.

**YOUR REFERRALS KEEP OUR
OFFICE BUZZING!!! THANK YOU!!**

