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## Woodbury Chiropractic Center Celebrates 30th Anniversary

By: Tammy McVey-Camilleri



At the front porch of the office are (back, from left) Dr. Steven Levy, D.C., FIACA; Amy Levy, chiropractic assistant and patient care specialist; Andrea Reilly, CMT, massage therapist; Bryan Atwood, CMT, massage therapist; (front) Cheryl Pogonowski, office manager and chiropractic assistant; Kris Taranovich, chiropractic assistant and insurance specialist; and Marion Field, chiropractic assistant and patient care specialist. Woodbury Chiropractic Center may be reached by calling 203-263-0400.

WOODBURY - Woodbury Chiropractic Center, 264 Main Street South, is celebrating its 30th business anniversary this month.

"I knew I wanted to be in a profession that helped people. I was fascinated by holistic care and as I learned more about chiropractic care, I knew I had found my calling," Dr. Steven Levy, D.C., FIACA, told Voices.

Dr. Levy began his pre-chiropractic education at Monmouth University in West Long Branch, N.J.

He received his doctoral degree from Logan College of Chiropractic in St. Louis, Mo., in 1979. He has a B.S. in human biology and is a fellow in clinical acupuncture.

He is the past district director and board member of the Connecticut Chiropractic Association, board-eligible chiropractic sports physician and certified in impairment rating.

He is also a certified insurance claims consultant and a certified Red Cross

instructor for "Protect Your Back."

"We've been delivering quality holistic health care to Woodbury and the greater Tribury-Waterbury area since 1979," Dr. Levy said.

After studying in St. Louis and visiting other parts of the country, Dr. Levy and his wife, Amy, fell in love with Woodbury and its peaceful pace.

"We had a dog at the time," Dr. Levy said. "We couldn't find a place to rent that allowed a pet. As fate would have it, the only place that would let us have our pet was located in Woodbury."

Dr. Levy's first office was near Phillips Diner, now Dottie's Diner. He had a satellite office in Waterbury.

He wanted to practice in one office in Woodbury, envisioning an older, country-style building somewhere on Main Street.

He came upon his current building at 264 Main Street South, a former automotive store filled with Woodbury history.

"In 1982, I bought this building which was Western Auto," Dr. Levy said.

Photographs of the couple's six children, Aaron, Benjamin, Harrison, Jordan, Hamilton and Hannah, now adorn the country-style hallway of the historic Woodbury Chiropractic Center.

The team at Woodbury Chiropractic Center includes Cheryl Pogonowski, office manager and chiropractic assistant; Marion Field, chiropractic assistant and patient care specialist; Kris Taranovich, chiropractic assistant and insurance specialist; Bryan Atwood, CMT, massage therapist; Andrea Reilly, CMT, massage therapist; and Amy Levy, chiropractic assistant and patient care specialist.

"I enjoy coming to work everyday and they each bring so much to this office," Dr. Levy said of his staff.

Dr. Levy described his approach to helping his patients as, "Simple. When many people come to our office they have one goal, relief.

"During this initial stage of intensive care, we have several obligations and that's to uncover the underlying cause of the health problem, suggest a care plan to produce results, offer ways patients can participate in their recovery and explain the value of post-symptomatic wellness care." Dr. Levy said.

Dr. Levy explained that his mission is to see that his patients abandon the prevailing sickness care model of health of waiting for symptoms, then taking action, in favor of the emerging wellness model.

Dr. Levy is dedicated to making the time to explain and empower people on chiropractic care. He has provided a no-obligation office visit for 30 years. "This gives everyone a chance to sit and listen," Dr. Levy said.

"When necessary we do use x-rays because we can't see with our hands, someone maybe asymptomatic," Dr. Levy explained.

"Just this morning someone came in and they had some aches, as they explained, that they had just lived with. We took a film and could see a congenital defect.

"This gives me more information. "It explained what they were experiencing, and then we came up with the best techniques for that condition," Dr. Levy described.

"Spinal joints that aren't moving right can choke or irritate nearby nerves. Chiropractic adjustments add motion to these stuck joints and reduce nervous system disruption," Dr. Levy said.

"Newborns, infants, children, seniors and even back surgery patients can get adjusted. Adjustments are tailored to your size, age and particular health issue.

"Thirty years ago we said diet, exercise and controlling stress are keys to good health. People want many health options and they want results. It has been great to see the role chiropractic care has provided in this," Dr. Levy said.

Dr. Levy and his staff of AMTA-certified massage therapists Andrea Reilly and Bryan Atwood have created a therapeutic massage stimulus package. The center offers a one-hour massage for \$50.

"In light of the current economy and the stress levels of patients I see in my office, I thought this might help people have relaxation in these stressful times," Dr. Levy said.

Massage therapy can improve circulation, recovery time and immune system function. The movements of massage cause blood to flush in and out of muscles and joints.

Woodbury Chiropractic Center massage therapists specialize in sports massage, therapeutic massage, Swedish massage, acupressure, pregnancy massage, hot stone massage, reflexology, deep trigger point, myofascial, stress reduction and chronic pain relief.

This past year, Woodbury Chiropractic Center launched a newly designed interactive website at [www.woodburychiropracticcenter.com](http://www.woodburychiropracticcenter.com).

"Our website has a high level of interactivity you just don't see anywhere else," Dr. Levy said.

Dr. Levy saw a need for reliable health information from discussions with his patients who were interested in a "drug-free approach to a better health and to those who want to live their life to its greatest potential."



The website offers 300 pages of contemporary health information and a subscription to a twice-monthly newsletter.

The website also offers hundreds of educational glossary definitions that include chiropractic, which is defined as the discipline of detecting and reducing vertebral subluxation.

"The interactive e-learning models are tailored to each patient's understanding of chiropractic," Dr. Levy said. "We pose interesting health questions and then coach participants towards a more accurate understanding of the nature of true health."

"I thank everyone as we approach our 30th anniversary," Dr. Levy said. "It's hard to believe how quickly the time has gone. I thank my patients, my staff and my family."

The Woodbury Chiropractic Center, located at 264 Main Street South, may be reached by calling 203-263-0400. The office is open is open 6:45 a.m. to 6 p.m. Monday, 6:45 a.m. to noon Tuesday, 6:45 a.m. to 6 p.m. Wednesday, 6:45 a.m. to noon Thursday and 5:45 a.m. to noon Friday.