

Northwest Chiropractic Center, PLLC

# Happy New Year!

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## New years resolution: Prevent joint injuries!

To help keep your joints strong and supportive, it is important to...

**Eat proper nutrients.** Proper diets and nutrition contribute to joint health providing the joints with enough healthy nutrients for long-term stability and resistance to wear and tear.

**Maintain a healthy exercise regimen.** Keep up with daily exercises. Start with a goal of 30 minutes of exercise per day.

**Balance a healthy lifestyle.** A healthy lifestyle, one that is free from tobacco products and other toxins, helps to ensure proper blood supply to tissues surrounding joints and speeds up healing of joint injuries when they occur.



Mount Rainer

### Clinic Hours

Monday 7a- 6p

Tuesday 5a- 6p

Wednesday 7a- 6p

Thursday 7a- 6p

Friday 5a- 6p

Saturday 7a- 2p

Closed Sunday

Call to schedule

**425.814.2800**

**Chiropractic treatments will keep you strong and healthy as well!**

*Have a happy and healthy 2013!*

*Lew Estabrook, DC, Member, Caedin Pettigrew, DC*

*Tim Clanton, DC, Jason Gilmore, DC*

*Cynthia Larson, LMP, Sandra Whiley, LMP*

*Lauren, Rena, Alla and Arianne*

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