

PRIMARY CARE

Walk-Ins Welcome | Primary Care Chiropractic | Neurology | Massage

Primary Care Clinic

Whole-body health & wellness.

- Wellness Memberships
- Health Packages
- Chiropractic adjustments
- Auto Accidents | Worker's Compensation | HSA's

Neurology

- Brain based adjustments
- Functional nutrition
- Auto-immune treatment

Chiropractic Care

New Patient Specials

*inquire within or online

Massage Therapy

First Time Client

\$59.00 1-hour Massage

Products

- Apex Energetics
- Pure Encapsulations
- Nutri-Dyn

Office Hours

Monday - Friday 9am - 5pm

Saturday BY APPT

Job Opportunities

Please inquire within

Stress Talk Lunch & Learn

Own your stress! Don't let it own you!

Place: 3101 Old Highway 8, Roseville MN 55113
Conference Room

Date: Wednesday January 25, 2017

Time: Noon - 1pm

Cost: \$10.00 (Includes lunch)

Did you know that you can have too little stress?

Come learn what stress is and what it does to the body on our very first LUNCH & LEARN. 30 minutes of learning and 30 minutes for Q & A. Learn how to own your body including its stress. How to identify ways to accommodate and use your stress for good.

Lunch is provided. We can't wait to be apart of your health and wellness in 2017. Register online TODAY!

Products of the Month: [Adaptocrine](#) | [Fruit & Greens](#)

Scheduled Lunch & Learns

February 1, 2017: Sugar Talk

How to regulate it without meds. The mechanism of digestion and how to get it on your team!

March 8, 2017: Energy Talk

What is energy made of really? ATP, say what?! GET more of it and keep it working for you all year long.

Workshop

Upper Body Stretching

Stretching is one of the best things we can do for our body. It's an art form that can get you back in shape. Come spend 60 minutes with Dr. Nicole to stretch your upper body. Time to bring in 2017 with some good habits.

Cost: \$10

Saturday January 28, 2017

10am - 11am

3101 Old Highway 8 | Suite 300 | Roseville MN 55113

Workshop

Lower Body Stretching

Stretching is one of the best things we can do for our body. It's an art form that can get you back in shape. Come spend 60 minutes with Dr. Nicole to stretch your lower body. Time to bring in 2017 with some good habits.

Cost: \$10

Saturday February 11, 2017

10am - 11am

3101 Old Highway 8 | Suite 300 | Roseville MN 55113