



PAIN STOPS HERE

Choose your location to view their events

Downtown

Brainerd

East Brainerd

Hwy. 58

East Ridge

Hixson

Ooltewah

Coupon for FREE Exam and X-rays!



Company Health Workshops



Let us show you how to

- Burn Calories
- Increase Muscle Tone
- Improve Posture
- Relieve Neck & Back Pain

WHILE AT WORK!

Whether you are sitting, standing, lifting and/or bending, WE HAVE A PERFECT WORKSHOP FOR YOU! Choose one workshop, choose them all, OR, create your own CUSTOM WORKSHOP!

Call our Community Education Director, Kathryn Haynes, DC at 423-265-2225 to schedule these FREE workshops for your co-workers TODAY!

[Click here](#) to watch Dr. Kathryn Haynes, D.C. discuss each of these workshops and how they work!

Quick Links

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7 Reasons Children Need Chiropractic Care:



1. To encourage good neural plasticity (brain and nerve health)
2. To support child's overall health and spinal posture
3. To help strengthen child's immunity and reduce sickness.
4. To assist with colic and digestive disorders
5. To help with asthma and allergies
6. To improve child's ability to concentrate

- 7. To assist in sleep and behavioral disorders

Downtown

(423) 265-2225

OPEN Saturday, March 16th
9:00a-11:00a with breakfast!

3 Plus You on Channel 3
with Dr. Kathryn Haynes
Monday, March 25th at 11:00a

Get Fit While You Sit
workshop
Tuesday, March 26th at 6:00p



East Ridge

(423) 485-8480

Enter each week to WIN a
Coffee Break for your
company/office.
March 1st - March 29th!

OPEN Saturday, March 2nd
8:30a-12:00p with Crackel
Barrel!

Patient Appreciation Day
Monday, March 18th
WIN \$50 gift card!



Brainerd

(423) 892-9272

Grand Re-Opening!
Wednesday, March 13th
Schedule an appointment by
March 11th to be entered to
WIN an iPad mini !

Happy Birthday Dr. Karen!
Wednesday, March 27th

OPEN Saturday, March 30th
9:00a-11:00a with breakfast!



Hixson

(423) 875-8786

Lucky Charms guessing game
WIN \$50 gift card!
March 1st - 15th

OPEN Saturday, March 9th
9:00a-11:00a with breakfast!

St. Patrick's Day Party!
Thursday, March 14th

Easter Patient Appreciation Day!
Friday, March 29th

Kid's Easter Egg Hunt
Friday, March 29th from 12:30p-1:00p
Call Anna Lee for details



East Brainerd

(423) 892-0115

OPEN Saturday, March 9th
9:00a-11:00a

Soup's On!
Monday, March 11th

Free St. Patrick's Day treats!
Friday, March 15th

Patient Appreciation Day
Tuesday, March 19th

OPEN Saturday, March 23rd
9:00a-11:00a with breakfast!

Soup's On!
Monday, March 25th



Ooltewah

(423) 238-2999

OPEN Saturday, March 8th
9:00a-11:00a with breakfast!

Patient Appreciation Day
Thursday, March 21st!



Remember:

- Stay on your treatment plan even if you feel better!
- We can help boost your immune system to prevent sickness.



Hwy. 58

(423) 899-1010

Friends and Family Day!
Wednesday, March 6th
Bring a guest and receive a \$10
gift card and your guest will
receive a FREE Exam & X-rays!



- We take walk-ins.
- We appreciate referrals!

OPEN Saturday, March 23rd
9:00a-11:00a with breakfast!



**FREE
Exam
and X-
Rays,
\$249-value!**

Offer valid at any location.
First-time patients only. Due to federal and state regulations,
Medicare/Medicaid are not eligible for this offer.

Offer Expires: March 31, 2013

