

# BFC NEWSLETTER

April 2025 | Spring Edition

## Easter & the Healing Power of Restoring Balance

As Easter approaches, it's a perfect time to focus on restoring balance in our lives. Chiropractic care can help rejuvenate both your body and mind, ensuring you feel your best this spring.

**Stress Relief:** Chiropractic care reduces tension, restores nervous system function, and helps manage stress.

**Better Sleep:** Alignments improve sleep quality, leaving you feeling rejuvenated.

**Posture & Balance:** Proper spinal alignment supports better posture and overall physical balance.

**Emotional Balance:** Chiropractic care promotes mental well-being by reducing anxiety and improving mood.

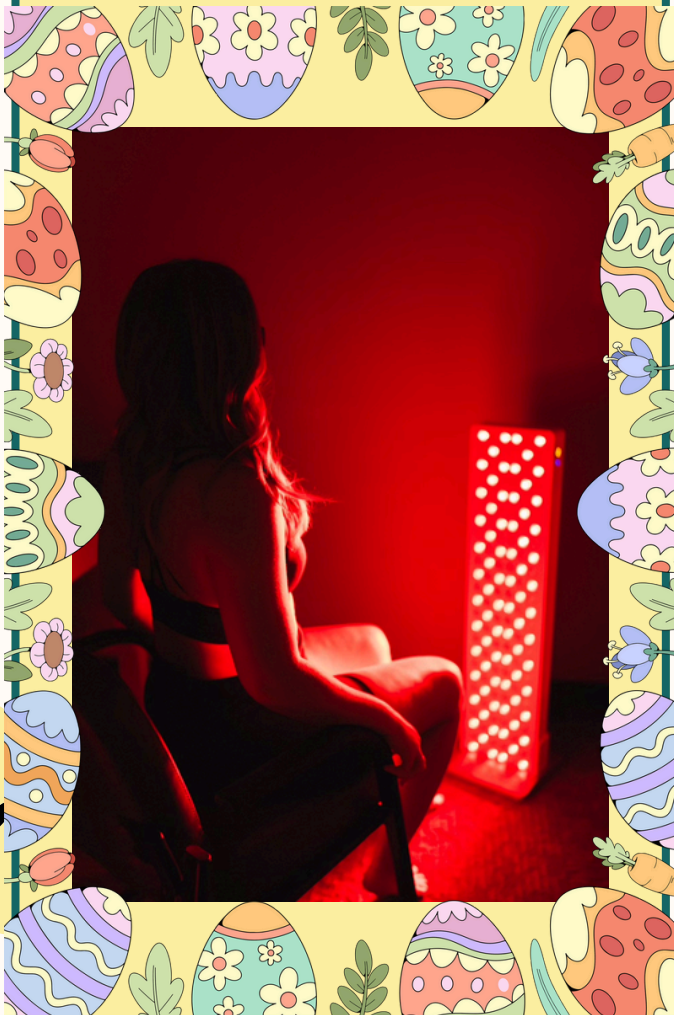
**Spring Clean Your Body:** Reset your body with a chiropractic adjustment this Easter for a fresh, revitalized start.



## **Joovv Red Light Therapy**

**is a form of phototherapy that uses low-wavelength red and near-infrared light to stimulate cellular processes in the body**  
**Benefits include:**

**Pain Relief**  
**Collagen production**  
**Reduces Inflammation**  
**Promotes faster healing**



**Purchase any Shockwave Package & receive 3 complimentary sessions of Joovv Red Light Therapy for the month of April**

### **\*Important Dates\***

**Saturday Floor Pilates**  
**April 5th & 26th**

**8:30 am**

**\$20 Patient**

**\$25 Non-Patients**

**Tuesday April 22nd**

National Earth Day, stop by for an adjustment & grab a packet of seeds to help our earth keep growing!

**Thursday April 24th**  
**4:30 pm**

Focused Shockwave Therapy Shoulder Pain Workshop