



WELCOME TO

The Wellness Weekly

stretch it out!



MAXIMIZE YOUR ADJUSTMENTS

Find a Stretching Routine

Just as trees shed their vibrant foliage to prepare for the cold, we stretch to release tension and make room for new growth. Getting adjusted is a great first step in both fixing and maintaining your spinal health, posture, and joint health. But one simple exercise to incorporate into your everyday routine can elevate your adjustments: stretching! While chiropractic care focuses on aligning the spine and improving nerve function, stretching helps maintain that alignment by promoting muscle balance and joint health. Together, they work to reduce pain, prevent injuries, and enhance mobility, allowing you to move through life with greater ease and vitality. Creating a stretching routine in the morning, one that specifically targets job-related stress, and one routine in the evening before bed can relieve stress and boost body alignment. Scroll down to check out a stretching tutorial to get you started!

~ Dr. Roeder & the CWCB Team ♡



Colossians 3:1-4

"IF THEN YOU HAVE BEEN RAISED WITH CHRIST, SEEK THE THINGS THAT ARE ABOVE, WHERE CHRIST IS, SEATED AT THE RIGHT HAND OF GOD. SET YOUR MINDS ON THINGS THAT ARE ABOVE, NOT ON THINGS THAT ARE ON EARTH. FOR YOU HAVE DIED, AND YOUR LIFE IS HIDDEN WITH CHRIST IN GOD. WHEN CHRIST WHO IS YOUR LIFE APPEARS, THEN YOU ALSO WILL APPEAR WITH HIM IN GLORY."

The pressures of this world demand our utmost attention, and oftentimes taking away from our focus on Christ. We are called to a shift in focus. This shift in focus calls us to live out our new identity, rooted in Christ's resurrection, and to actively pursue a life that reflects the Truth found in Him. Do not be discouraged by the world, but renewed in the trust of Jesus!

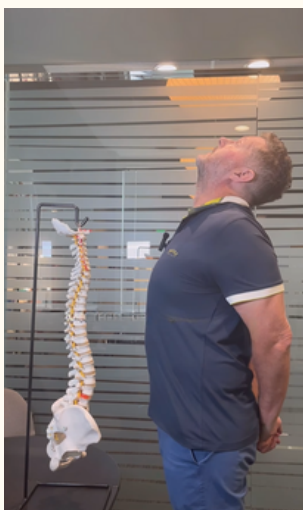


Don't Miss Out on This Resource!

KEEP UP WITH YOUR BUSY SCHEDULE WITH VITALITY

The change in season is an opportunity for us, too, to have a change in lifestyle. If you find yourself in "burn out" mode, don't miss out on these easy and helpful tips to maximizing your energy, specifically during the autumn season.

INSTANT DOWNLOAD



Daily Stretch

BATTLE THAT NECK PAIN

As we spend more time looking down at our phone or sitting hunched over at our 9-5 desk job, it's crucial to prioritize our posture. Check out this quick video of Doc's easy, two-minute stretch!

[CHECK IT OUT](#)



Party Favorite

SNACK HEALTHILY

Let's maximize our communal eating this fall with healthy snacks! Instead of grabbing for the chips or candy, try your own simple, charcuterie board with cheese, meat, bread, and fruit.

[LEARN MORE](#)

Vertebrae of the Week

C5: PART 3 OF THE CERVICAL SPINE

- First part of the spinal motion segment
- Located in the lower portion of the cervical spine
- Supports neck flexibility, upper cervical spine, and nerve pathways.
- Critical for the shoulders and arms, as well as brain, subluxation effects felt here
- Proper alignment of the cervical vertebrae is vital for maintaining optimal health





“Getting chiropractic care from Dr. Roeder is one of the highlights of my week. I love coming in knowing he can help reduce my pain levels.”

~ Jeanette A.



Prayer Requests



“DO NOT BE ANXIOUS ABOUT ANYTHING, BUT IN EVERYTHING BY PRAYER AND SUPPLICATION WITH THANKSGIVING LET YOUR REQUESTS BE MADE KNOWN TO GOD.”

- PHILIPPIANS 4:6

Every Wednesday morning, we have a team meeting and conclude that meeting with prayer before we start the day. We would love to pray for you during this time! If interested, you can submit an anonymous prayer request [here](#):