



WELCOME TO

The Wellness Weekly

Let's get social!

STANDING OUT FROM THE CROWD

What Makes Us Different

Maybe it's the smile that never fails to greet you when you walk in the door.

Or the relief you feel after Doc adjusted you.

Maybe it's the encouragement and prayers from behind the front desk when you need a listening ear.

Or the thermal scan showing you your pain is real and valid (and the healing along the way!).

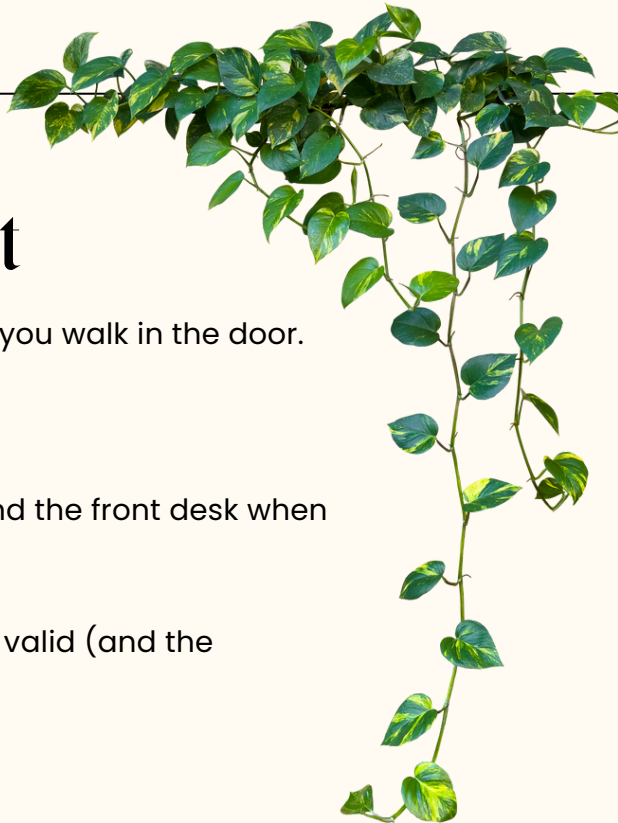
Whatever it is, we strive to be set apart.

We are much more than just a doctor's office.

We view care holistically. And not just in health, but with people.

Thank you for trusting us with your chiropractic care. We value you and your wellness journey!

~ Dr. Roeder & the CWCB Team ♡



Social September

For the next two weeks, CWCB will be putting out fun content on Instagram for you all to add some knowledge and laughter to your day. Stay tuned for new reels, special resources, and giveaways!

II Corinthians 5:17

"THEREFORE, IF ANYONE IS IN CHRIST, HE IS
A NEW CREATION. THE OLD HAS PASSED
AWAY; BEHOLD, THE NEW HAS COME."

Just like how the universe was created by God ex nihilo, or from nothing, so are we redeemed from nothing, into something new. For those who repent, the Lord casts away our sins to the sea, forgiving and forgetting them. Rejoice in being made new!

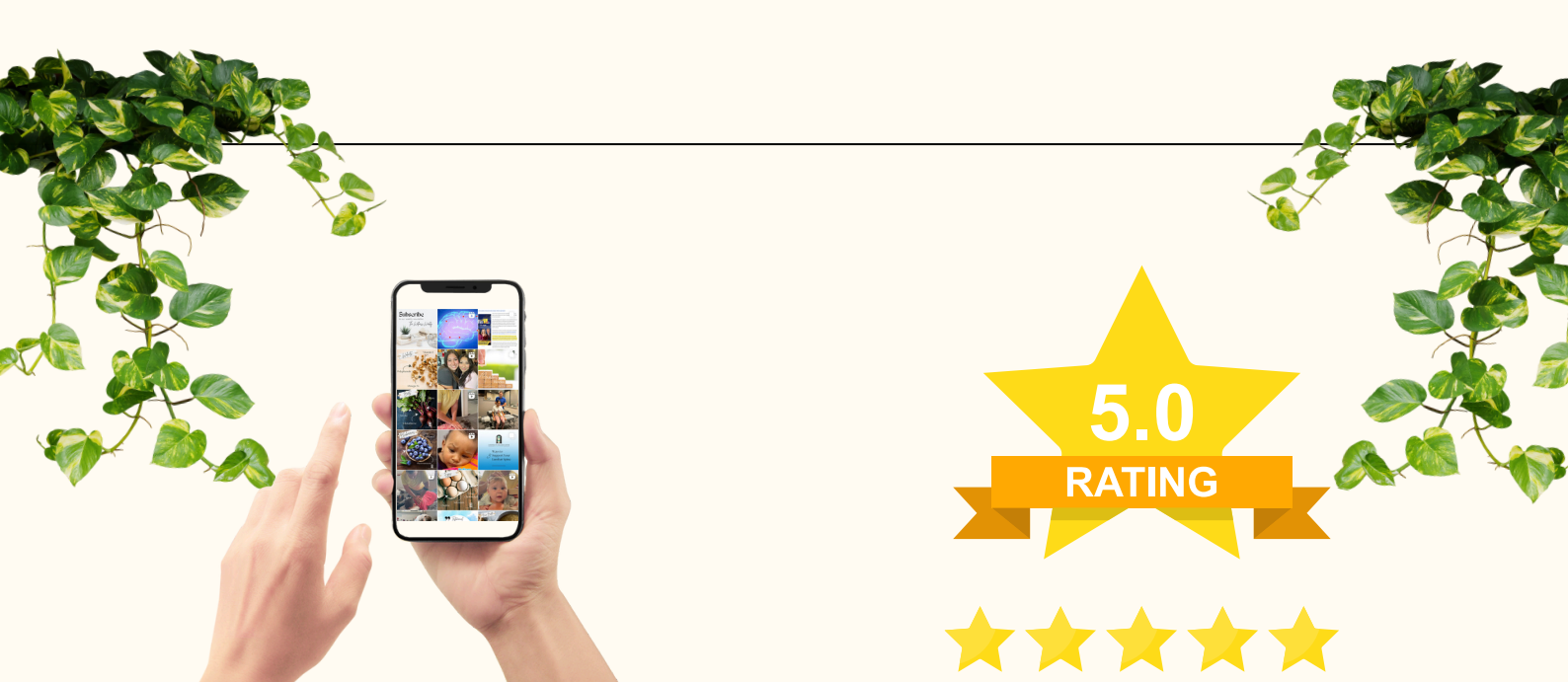


Food and Fellowship

DISCOVER THE BENEFITS OF COMMUNAL EATING

Check out this short little reflection about the benefits, and beauty, of gathering with others around food. In the spirit of Social September, read about how you you can maximize your physical and social health with something as simple as dinnertime!

INSTANT DOWNLOAD



Follow Us

NEW CONTENT ON SOCIAL

We actively post at least three times a week on Instagram and Facebook with educational chiropractic tips, fun reels, "Fuel for Fridays" nutritional posts, and fun behind the scenes of the office. Let us know what kind of content you want to see!

[FOLLOW OUR SOCIALS](#)

Review

LET US KNOW WHAT YOU THINK

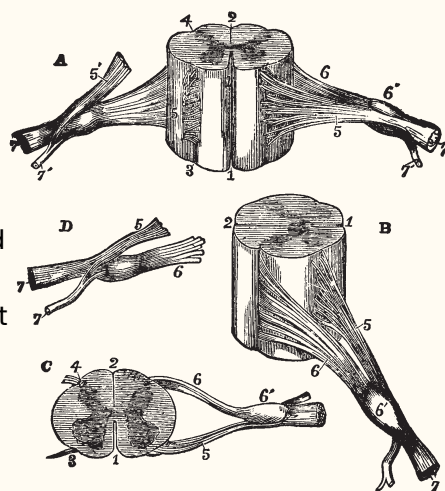
Like us as much as we like you? We value our practice members' feedback so we can give the best care we can to you. Leave us a Google review!

[LEARN MORE](#)

Vertebra of the Week

C3: PART I OF THE CERVICAL SPINE

The cervical spine is composed of upper cervical vertebrae that are essential for protecting the spinal cord and facilitating proper nerve function. The C3 vertebra is the at the top in this grouping, helping the neck to bend and rotate seamlessly. Closely associated with the health of the skin and the facial nerves, the C3's subluxation effects can often impacting conditions like acne or neuralgia. Proper alignment of the cervical vertebrae are vital for maintaining optimal health and preventing discomfort or dysfunction Stay tuned for next week to learn about the second part of the cervical spine!





**"It makes it easier for me to work with
animals in my job."**

~ Mary M.

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: