



WELCOME TO

The Wellness Weekly

fall is here!



PUMPKINS, RESETS, & NEW THINGS

A Season of Change

"That time of year thou mayst in me behold
When yellow leaves, or none, or few, do hang
Upon those boughs which shake against the cold,
Bare ruin'd choirs, where late the sweet birds sang."

~ William Shakespeare, Sonnet 73

Shakespeare beautifully illustrates the autumn season. A season that changes the leaves, the birds, and even us. A season that holds new beginnings and a promise of a new season. So, as we bid farewell to summer and welcome the crisp, vibrant days of fall, life is shifting gears with the return to work and school routines. Just as the leaves change color, so too do our schedules and activities. We know you might be adjusting to new timetables and busier days, and we're here to ensure that your wellness stays on track. Our hours remain steady and reliable, just like that cozy fall sweater you'll soon be reaching for. We're always here to support you through these transitions!

~ Dr. Roeder & the CWCB Team ♡

Matthew 10:29-31



"ARE NOT TWO SPARROWS SOLD FOR A PENNY? AND NOT ONE OF THEM WILL FALL TO THE GROUND APART FROM YOUR FATHER. BUT EVEN THE HAIRS OF YOUR HEAD ARE ALL NUMBERED. FEAR NOT, THEREFORE; YOU ARE OF MORE VALUE THAN MANY SPARROWS."

As the cool autumn breeze greets you in the morning, you hear the songs of the sparrows nestled in those watercolor leaves. Remember how the Lord thinks of the sparrow, and how He thinks of you. This profound assurance of God's care and attentiveness to even the smallest details of life emphasizes that every individual is of immense value in His eyes.



Reset Your Energy Levels This Season

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, check out these easy and helpful tips to maximizing your energy, specifically during the autumn season.

INSTANT DOWNLOAD



DIY PSL

A BETTER OPTION

It's that time of year! Pumpkin spice latte season is upon us. But with this delicious and cozy drink come a bunch of unnecessary additives and sugar at your local chain coffee shop. Check out a healthy PSL recipe you can do at home so you can drink guilt-free!

[GET RECIPE](#)



Savory Treat

HEALING NUTRITION

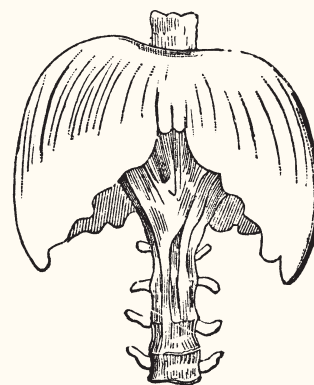
Sweater weather needs a warm drink. When you're not sipping your PSL, the regenerative, healing drink of bone broth can be a savory fall option. With glycine and gelatin, bone broth offers incredible health benefits.

[LEARN MORE](#)

Vertebra of the Week

C4: PART 2 OF THE CERVICAL SPINE

As the second part of the cervical spine, the C4 vertebra is the central portion of the spinal cord that contains nerves running all the way down to your diaphragm. This nerve connection helps you breathe by contracting and pulling air into the lungs—a pretty crucial job! Because of this, the C4 connects the respiratory system and can influence overall lung health.





“Care by Doc has kept me in check without any major back issues and allowed me to do things with the confidence that I have not had in a long time.”

~ Avery 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: