

QUARTERS FOR A CAUSE



The first month of each quarter (January, April, July, October) MFC donates one quarter for every office visit to a local charitable organization. We invite you to contribute any spare change you have jingling in your pocket!

Eagle Wings disAbility Ministries

Eagle Wings disAbility Ministries brings people with disAbilities and the community at large together into relationship. Programs this unique organization brings to our community include special events/celebrations for adults with special needs, their families, and caretakers. They also have a “Circle of



Friends” program so the special needs adults can leave these events with a new friend and have their contact information until they see each other at the next event. Eagle Wings also has a phenomenal volunteer training program and provides support for caregivers.

During April, our campaign donations will all go towards a special Mother’s Day brunch for caregivers of these special adults. What a wonderful way to give a special gift to those on the front lines everyday caring for these people in our community!



New Patient Special!

For all new patient referrals for the month of April, we will donate an extra \$40 to the cause!

Get out and explore!

You might know that Dr. Matt and his family absolutely love to go on weekend adventures in their camping trailer. Rain or shine—this family loves to get outside and enjoy the outdoors. Day hikes, playing at the lake, and watching four cute boys dig in dirt are pretty much all we need to have a wonderful weekend full of adventures. If you are ever looking for suggestions on new, local places to visit, ask Dr. Matt as we love to share!

There are so many state parks within an hour (or so) from MFC, and for just \$30 a year you can get a Discover Pass and go explore for an afternoon or a day!

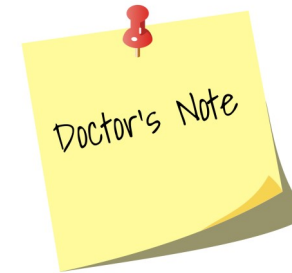
- **Camano Island State Park:** This 134-acre park on Camano offers thousands of feet of shoreline and awesome hiking trails with panoramic views of the Puget Sound. Wonderful for camping and day-use. It’s a rocky beach with plenty of driftwood for extra beach fun.
- **Cama Beach State Park:** Not your ordinary state park—this historical landmark used to be a resort. Now, it is home to many cabins, all within feet of the shore. Plenty of hiking and beach walking while also offering a store, café, and many summer activities.
- **Bay View State Park:** Located on Padilla Bay, this state park is close to the beach, Padilla Bay shore trail, and mud flats at low tide. The Breazeale Padilla Bay Interpretive Center, located half-mile from the park, allows families to view and interact with the estuary.
- **Rasar State Park:** Tucked along the Skagit River, Rasar State Park offers forested campgrounds, grassy fields, playground, and the clear blue Skagit River with a sandy beach. It is fabulous for camping and day trips. We do both many times a year!
- **Deception Pass State Park:** This is Washington’s most visited state park. There are miles of gorgeous beaches to walk, hikes, campsites galore, and excellent programming during the summer. If you’ve never seen the bridge, it is a must visit landmark in Washington.
- **Fort Ebey State Park:** Set on the western side of Whidbey Island, Fort Ebey was constructed as a coastal defense fort during the Second World War. The park’s gun emplacements and underground rooms are great for exploration. Awesome camping loops for bike riding, wonderful opportunities for hiking, and of course, a pretty beach make this a great choice.



Dr. Matt’s three oldest boys at Camano Island State Park!

MFC QUARTERLY

APRIL 2019



Our family has been so happy to see the sunshine and feel the weather warming up. We are ready for an amazing spring and summer of camping, swimming, and enjoying our gorgeous PNW. We hope you are ready to get outside and enjoy as well!

We just finished up a fun March at the office with a focus on **Diet, Rest, Exercise, Alignment, Mental Health**. (DREAM week!) We love seeing all of your health goals and choices you are making on your journey to wellness. If you didn’t make it into the office during the **Rest** week, you may not know we have a new product available at the office.

One question I receive with frequency is, “What pillow should I use?” For many years, I hesitated to answer. I had heard about a chiropractor designed pillow and finally decided to try it. My wife raised her eyebrows at first, but we are both absolutely sold, as is our oldest son, Timmy (age 8). The shape is different than anything you will see and we are all getting great sleep.

The Therapeutica pillow was designed with ergonomics in mind and in consultation with a Doctor of Chiropractic. There are five sizes for a custom fit which allows you to sleep in optimal alignment for side and back sleepers. Changing your sleeping position requires different support and this pillow offers just that. If you are interested in learning more, please let our front desk staff know as we would love to help you get a better night’s sleep.

Dr. Matt



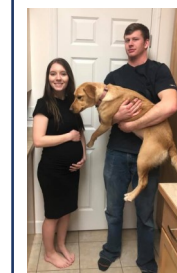
Staff Spotlight: Samantha Brown Chiropractic Assistant

Amazing Lady!

Samantha and her husband have two grown children and two beautiful grandchildren. They are a close knit bunch and love football and enjoy spending time outdoors either camping, fishing, hiking, or running local races. We love seeing her race pics and all the fun races she finds to participate in. Her passion is to make people smile because there are "so many beautiful reasons to be happy." Samantha has been in customer service for twenty years and loves witnessing the amazing transformations of our patients. She is thrilled to help you on your journey!



Samantha has recently transitioned to handle our back desk / billing responsibilities. She is your go to for any insurance or billing questions. You will still see Samantha’s smiling face - she will maintain several front desk shifts throughout the week, too. We are so lucky and grateful to have this amazing lady on our team!



We will miss you Payten!

Payten is so excited to become a new Momma! Her last day at MFC was March 29. We are thrilled for her and wish her all the best in her new adventures.

Call us at 360-657-7183 or
Check us out online!



www.mfcwellness.com

COMING UP

Sun	Mon	Tue	Wed	Thu	Fri	Sat
April 2019	1 9:00 - 12:15 2:15 - 6:30	2 1:15 - 5:30	3 8:30 - 12:15 2:15 - 6:30	4 1:30 - 6:30	5 9:00 - 2:30	6
7 9:00 - 12:15 2:15 - 6:30	8 1:15 - 5:30	9 8:30 - 12:15 2:15 - 6:30	10 1:30 - 6:30	11 9:00 - 1:00	12	13
14 9:00 - 12:15 2:15 - 6:30	15 1:15 - 5:30	16 8:30 - 12:15 2:15 - 6:30	17 1:30 - 6:30	18 9:00 - 2:30	19	20
21 9:00 - 12:15 2:15 - 6:30	22 1:15 - 5:30	23 8:30 - 12:15 2:15 - 6:30	24 1:30 - 6:30	25 9:00 - 1:00	26	27
28 9:00 - 12:15 2:15 - 6:30	29 1:15 - 5:30	30	No Winter lasts forever; No Spring skips its turn. ~Hal Borland			

Saturdays

Miss an appointment? Saturdays are an easy way to make them up!

MFC is open from 9am – 11am on the following Saturday mornings:

- May 4
- May 18
- June 15

Last quarter, between new patient referrals, quarters donated for each visit, and extra money donated by our patients, we raised **\$719** for The Saint Andrew Commission. Thank you for your generosity!



2nd QUARTER

Happy Father's Day!

We are so grateful for all the men in our lives who make this world a better place! Dads, uncles, grandpas, and friends—thank you for all you do everyday.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
June 2019						1
2 9:00 - 12:15 2:30 - 6:30	3 1:15 - 5:30	4 8:30 - 12:15 2:15 - 6:30	5 9:00 - 1:00	6 CLOSED	7	8
9 9:00 - 12:15 2:30 - 6:30	10 1:15 - 5:30	11 8:30 - 12:15 2:15 - 6:30	12 1:30 - 6:30	13 9:00 - 2:30	14 9:00 - 11:00	15
16 9:00 - 12:15 2:30 - 6:30	17 1:15 - 5:30	18 8:30 - 12:15 2:15 - 6:30	19 1:30 - 6:30	20 9:00 - 2:30	21	22
23/30 9:00 - 12:15 2:30 - 6:30	24 1:15 - 6:30	25 8:30 - 1:30	26 1:30 - 6:30	27 9:00 - 1:30	28	29

Hello Spring... Hello Allergies!

With gorgeous sunshine and budding spring flowers, many of us start to feel the burn of seasonal allergies. Allergies create a set of symptoms which reflect the immune system's reaction to what it mistakenly identifies to be an invading organism. Many patients find relief for their allergies when under chiropractic care. This supportive approach can reduce symptoms and help reduce the need for medications. Chiropractic treatment for allergies offers a supporting therapy that provides these benefits:

- Realigning the spine to improve nerve function
- Improving circulation to the lungs and sinuses
- Regulating blood pressure
- Calming the immune system

By creating the best possible environment for healing and encouraging the immune system to work as it should instead of over-reacting, patients may have less allergy attacks.

There are a number of other natural allergy relief measures you might try including adding local honey to your diet, ensuring you are getting good quality probiotics, drinking apple cider vinegar, and flushing your sinuses with a neti pot (using distilled water).

Wishing you a wonderful spring!



Call us at
360-657-7183
to schedule
your next
adjustment or
massage!



Happy Mother's Day!

We are so grateful for all the women in our lives that have helped shape us into who we are—mothers, aunts, grandmas, friends—all these amazing women who give of themselves to make the world a little better.

We celebrate you!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
May 2019			1 8:30 - 12:15 2:15 - 6:30	2 1:30 - 6:30	3 9:00 - 2:30	4 9:00 - 11:00
5 9:00 - 12:15 2:15 - 6:30	6 1:15 - 5:30	7 8:30 - 12:15 2:15 - 6:30	8 1:30 - 6:30	9 9:00 - 2:30	10	11
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19 9:00 - 12:15 2:15 - 6:30	20 1:15 - 5:30	21 8:30 - 12:15 2:15 - 6:30	22 1:30 - 6:30	23 9:00 - 12:00	24	25
26 CLOSED	27 1:15 - 5:30	28 8:30 - 12:15 2:15 - 6:30	29 1:30 - 6:30	30 9:00 - 2:30	31	