

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!

FIRST QUARTER—For the month of January, we are donating to The Saint Andrew Commission, an organization Dr. Matt serves on the Board of Directors.

The mission of The Saint Andrew Commission (TSAC) is to provide the gift of Counseling for those facing life's most overwhelming storms, such as a lost job, a difficult medical diagnosis, a beloved child



becoming critically ill, etc. The heart-ache and hardship that these can create – both mentally and financially – is devastating, and often prevents people from getting help they need.

TSAC provides counsel to families and individuals free of charge so they may weather their storm without additional financial burden.



New Patient Special!

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

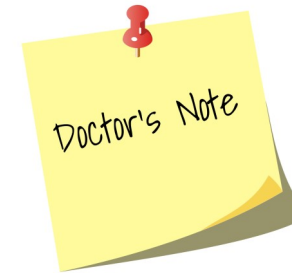
WELCOME 2019!

As we embark on a new year, many set the proverbial New Year's Resolutions — eat well, exercise, save money. Those are the given goals for nearly every year. So what are some ideas for some goals that you probably don't think of every January? Check out this short list, culled from browsing several articles, some conversations and social media. We encourage you to be creative!

- Affirmations—Start each day with two or three affirmations. They should be worded using present tense such as "I will" or "I am." Some examples: "I am always filled with hope and joy." "I will always find the positive." "I am always organized." "I always drink plenty of water." Feeling creative? Write them with a white erase marker on your bathroom mirror so you can start each day with positivity!
- Read 10 minutes a day — We often get hung up on thinking that we have to spend a lot of time on our goals. Try this instead: make a list of books you want to read in a year. Start reading for 10 minutes each day. Don't have a lot of sit down time? Try listening to audiobooks! A great way to use time around the house cleaning or time commuting for personal development or fiction enjoyment. Your kids will love listening to audiobooks while building with legos or coloring. Dr. Matt's boys love the Henry Huggins collection on Audible!
- Write in a journal 5 minutes a day — Jotting down your feelings, putting down ideas, and the highs and lows of the day can seem daunting, but taking even 5 minutes a day can allow you decompress, prepare for the next day or unload some emotions. It doesn't have to be complicated. If you need some help, there's even an app (search for 5 minute journal)!
- Just get out and enjoy our great state! Love lighthouses? Make a list of three and plan to visit them this year. What about hiking? We have several hikes you probably haven't tried right on Camano (and yes... there are even clue balls for the Great NW Glass Quest on those hikes!). Speaking of hikes, invest in a Discover Pass (a \$30 bargain) and try to visit a half dozen different State Parks this year. There are at least that many within a one hour drive of Marysville, and several more just outside that distance.

JANUARY 2019

MFC QUARTERLY



Happy New Year! We had a wonderful 2018 and are looking forward to another year of helping our community be well! Thanks to your help, we continue to grow, which achieves our mission of helping as many people in the community as we can.

I am constantly looking for new ways to help. Chiropractic is an art and people respond differently to different adjusting styles. Having many tools in my tool belt helps me help more.

Many of you know that I recently invested in a new adjusting instrument. The Impulse IQ is a mechanized tool that achieves an efficient, targeted, and very gentle spinal adjustment. Just as lasers have replaced scalpels in some surgeries, I now have available a high-tech instrument that will aid in adjusting people of all ages. Years of research have gone into developing this particular technology.

I learned about the Impulse IQ from a colleague, Dr. Zach Pope. I get regular adjustments from him and he used it as part of his protocol. I was impressed with the results and he let me borrow one to try in our practice. In our office, I got great results and good feedback very quickly. I think I may have kept it a bit too long - but eventually decided to add three of my own to the practice.

I use this instrument on a wide range of patients, especially those who are in great amounts of pain and need a very gentle approach. Many of my patients still enjoy a manual, drop table, or Activator adjustment. I continue to use all my old techniques as well. It's exciting to have another option available to help my patients heal and be well.

Dr. Matt

Staff Spotlight: Dana Lewis

Chiropractic Assistant / Billing

Welcome to the Team!

We are thrilled to introduce you to Dana, our most recent addition to the team!

Dana is new to Western Washington, making the trek to Arlington all the way from Kentucky — driving across 11 states in three and a half days! She joins her family who have property here and is enjoying some quality time with them and her three-year-old nephew. Dana is committed to fitness and carves in time each day to be active.

She will greet you with a smile when you come in for your adjustments and massages if she is on front desk duty. If you don't see her up front, she could be around the corner working on insurance. We are happy she has joined our team!

Y'all will love her!



Let us know!

Do you have any **adjustments** to make to your information?

New Insurance?

New phone number?

New email?

Address update?

Do you get text / email reminders?

If not, do you want to?

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



www.mfcwellness.com

COMING UP

Sun	Mon	Tue	Wed	Thu	Fri	Sat
JANUARY 2019		Closed 1 HAPPY NEW YEAR	2 8:30-12:15 2:15-6:30	3 1:30-6:30	4 9:00 - 2:30	5
6	7 9:00- 12:15 2:15 - 6:30	8 1:00 - 5:30	9 8:30-12:15 2:15 - 6:30	10 1:30 - 6:30	11 9:00 - 2:30	12
13	14 9:00-12:15 2:15 - 6:30	15 1:00 - 5:30	16 8:30 - 12:15 2:15 - 6:30	17 CLOSED	18 9:00 - 1:00 2:00 - 4:30	19
20	21 9:00-12:15 2:15 - 6:30	22 1:00 - 5:30	23 8:30-12:15 2:15 - 6:30	24 1:30-6:30	25 9:00 - 2:30	26 9:00 - 11:00
27	28 9:00-12:15 2:15 - 6:30	29 1:00-5:30	30 8:30 - 12:15 2:15-6:30	31 1:30 - 6:30		

Saturdays

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

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

- January 26
- February 23
- March 30

Last quarter, between new patient referrals, quarters donated for each visit, and extra money donated by our patients, we raised **\$898.70** for Christmas House. Thank you for your generosity!



1st QUARTER

March – DREAM Month

We will have fun facts, giveaways, and information to help you excel in all these areas of your life. Let's do this together!

Diet: The food choices we make and how we fuel our body make a dramatic impact on our overall wellbeing.

Rest: It's hard to get our recommended 8 hours per day, but better sleep habits could transform your life and help you heal.

Exercise: You have to move well to be well. We live in a gorgeous part of the world. Let's get out and enjoy it.

Alignment: Proper nervous system health maximizes the function of our whole body. Regular adjustments, stretching, and massage all play a part.

Mental Attitude: A positive outlook goes a long way in determining our quality of life.

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

Show your love...

Give the gift of a massage!



Starting February 1st, special massage gift certificates will be available for purchase. It's the perfect Valentine's Day gift for your loved one and comes with chocolate!

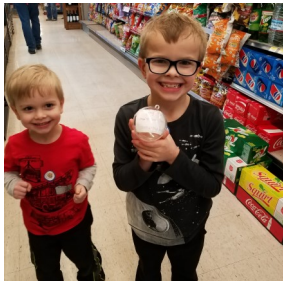
Check in with the front desk for more details and to purchase.

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

The Great Northwest Glass Quest

Each year, thousands of people participate in a huge Northwest treasure hunt to find clue balls. These clue balls are turned in for keepsake hand blown glass balls. It is a blast to participate in, and the keepsake décor is top quality.

The great hunt takes place in Stanwood and on Camano Island from February 15-24. Even living on Camano, Dr. Matt & Monica hesitated for several years because we didn't know how to participate. Have no fear—it's so EASY and FUN! Visit [@GreatNWGlassQuest](#) on Facebook for regular updates.



Sammy & Timmy with their clue ball!

The gist of it is—visit a participating local business or park in Stanwood or Camano (there are TONS) and keep your eyes peeled for a small (ornament sized) clear plastic ball. They may be filled with rocks to blend in on a beach, or sitting in an open bag. All balls are visible to the eye without moving items on shelves.

AND... if you find one... you just might get a keepsake treasure like we did on our first day of hunting.



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