

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!

THIRD QUARTER—July 1st thru August 3rd (extended a few days due to vacation!), we are donating to Saint Joseph's House.



Saint Joseph's House is a community-supported clothing bank that provides free clothing and household items to help ease the hardship of families and individuals

within Snohomish County. They assist people that meet or are below 150% of the Federal Poverty Level. Currently, over 4,000 clients have the right to "shop" once a month for themselves and their families. This supports over 6,000 children within the community!

Saint Joseph's House opened on March 7th, 2006 with four volunteers in a 700-square foot building. Since then, they have had amazing growth and have served an incredible amount of people.



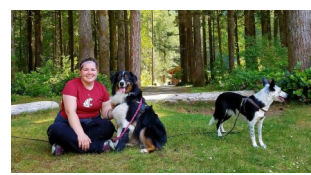
New Patient Special!

For all patient referrals from July 1 thru August 3, we will donate an extra \$40 to the cause!

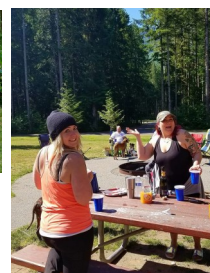
MFC OFFICE CAMPOUT 2018



Last year MFC started a new tradition of an annual employee camping trip! This year we set up camp at Rasar State Park.



The employees and their families (including their furry children) enjoyed the sun and had a great time relaxing and hanging out.



Call 360-657-7183 to schedule your adjustment or massage today!

JULY 2018

MFC QUARTERLY



I have a passion for helping people live a healthy life, young and old and

everything in between! With three boys of my own (and one more "coming soon!"), I am so very grateful that I started learning about pediatric chiropractic techniques in my early career.



Kids are active. They jump and run around. They roughhouse. They use their Momma and Daddy (yep, me!), and anything else they can find, as a jungle gym. They bump into things. They hurt themselves. Their bodies may be resilient, but spinal misalignments can put them in pain, making them grumpy or fatigued. They can impair joint function and, therefore, restrict mobility. This may impact sports or day-to-day play. Because the nervous system controls the entire body, sometimes other systems may be affected too.

I am amazed at the variety of "unrelated" complaints that improve or are resolved with chiropractic care. I have loved watching colicky babies finally relax after an adjustment. Digestive problems have been resolved, ear infections healed, and sensory disorders improved. The list is long and I am so happy to have been a part of the journey of so many of these kids.

If you are curious about our philosophy on chiropractic for kids, check out our new web page: www.mfcwellness.com/kids.

Dr. Matt

Check us out online!
www.mfcwellness.com



Staff Spotlight:

Erin Peña

Massage Therapist / Front Desk CA

Erin is a transplant to the Pacific Northwest, relocating from the East Coast. She moved across country with her Navy husband who is stationed here in Everett. Erin also often visits Walt Disney World with her daughter who recently graduated high school in Florida and will be starting college soon.



Erin loves to stay active and is frequently found hiking and participating in all the cool yoga sessions she can find. She also has a soft spot for four legged friends.

Erin has a depth of experience in customer service, massage, and teaching massage. Erin has a tremendous ability to give you a relaxing massage experience, tailoring the depth and pressure to the needs of your body. In addition to giving fantastic massages, Erin has a warmth and light that makes her perfect for welcoming you at the front desk!



In partnership with the Marysville School District and the Marysville Food Bank, MFC will be collecting backpacks and school supplies to distribute to children in our community.

Please drop off your new backpacks and school supplies at MFC from July 10th—August 10th.

You can find a list of supplies by school online via the Marysville School District by visiting: <http://www.msd25.org/school-supplies-lists--2>

COMING UP

3rd QUARTER

JULY 2018

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

Backpack Safety

Excerpted from “Backpack Safety for School” by Kristen Renee ¹

We enjoy letting our patients know important information for their whole family. One excellent source of information is icpa4kids.org. They have a wealth of articles and information that will help you and your family and are a great place to research and learn more.

Summer may have just started, but back to school shopping is just around the corner. To help protect your kids’ backs, we recommend thinking about backpack safety now.

According to the American Chiropractic Association, children are experiencing back pain much earlier than previous generations, and the use of heavy backpacks is a contributing factor. Wearing a backpack on one shoulder can cause strain and soreness on the weighted shoulder. Backpacks increase the risk of falling and heavy packs can cause normal activities to be difficult to perform such as walking up stairs or opening doors. One study found that the optimum backpack to child weight ratio was 5%. Most children’s backpacks are significantly heavier! While that ratio may be difficult to achieve, it is best to keep the ratio at 15% or less.

Some tips to help you choose the right backpack:

- Choose a lighter weight backpack
- The width should not be greater than the child’s torso
- The backpack should have two, wide (at least 2”) padded shoulder straps
- A waist strap will help distribute weight more evenly on the child’s frame
- A padded back will protect against sharp edges or objects inside

When you organize the backpack, the heaviest objects should be packed first so that they are carried lower and closer to the body. Compartments for items can help to more evenly distribute weight. If the packed book bag forces your child to lean forward in order to carry it, it is too heavy. Encourage your child to only carry what is necessary and use their locker during the day.

Finally, encourage your child to let you know if the backpack is causing any pain or discomfort. Acting quickly will help prevent injury and long-term problems.

¹ <http://icpa4kids.org/Wellness-Articles/backpack-safety-for-back-to-school.html>

AUGUST 2018

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

SATURDAYS

Miss an appointment? Saturdays are an easy way to make them up, even with a busy summer schedule! We are open from 9-11 AM on:

- July 7
- July 28
- August 18
- September 8

Last quarter, between new patient referrals, quarters given at each visit, and additional money donated by our patients, we raised **\$899** and collected **117 food items** for the Marysville Food Bank. Thank you for your generosity!



SEPTEMBER 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
			Boy #4 will be here any day now. Be ready for unexpected closures for baby.			
2	3 CLOSED	4 1:30 - 5:30	5 8:30 - 12:30 2:30 - 6:30	6 2:30 - 6:30	7 9:00 - 2:30	8 9:00 - 11:00
9	10 9:00 - 12:30 2:30 - 6:30	11 1:30 - 5:30	12 8:30 - 12:30 2:30 - 6:30	13 2:30 - 6:30	14 9:00 - 2:30	15
16	17 9:00 - 12:30 2:30 - 6:30	18 1:30 - 5:30	19 8:30 - 12:30 2:30 - 6:30	20 2:30 - 6:30	21 9:00 - 2:30	22
23	24 9:00 - 12:30 2:30 - 6:30	25 1:30 - 5:30	26 8:30 - 12:30 2:30 - 6:30	27 2:30 - 6:30	28 9:00 - 2:30	29
30						

SEPTEMBER

MFC will be closed on Monday, September 3rd in observance of Labor Day.

Guess the birth date of coming Baby Boy McCann!
When you’re in the office at the beginning of September, you’ll have the opportunity to guess which day the baby will be born.

Fun fact: All of the McCann family except Dr. Matt have a “birthday buddy” (birthdays within a week of each other). Will it be Dr. Matt’s turn next?

Happy 12th Anniversary!
MFC is turning 12! Come in for your adjustment on September 5th and help us celebrate our anniversary. We are blessed to continue to help our patients with their wellness goals!

Your body will thank you if, with all the summer fun and activities, you keep up with your adjustments. In the midst of all the hard work and play, missing an adjustment could lead to neck and back pain, and could hinder your progress with your chiropractic care.

Don’t let summer be a pain in the neck... or back!



At MFC, we understand the importance of this. When Dr. Matt takes time to vacation with his family, he has trusted colleague **Dr. Greg** come in to care for our patients.

Dr. Greg Bowers, D.C., has been working at Everett Spine and Rehab since 2015. Dr. Bowers graduated from Life Chiropractic College West in 2003 with Dr. Matt. Upon graduating, he moved to Melbourne, Australia and owned two practices until moving back to the Pacific Northwest in 2015. Dr. Bowers is also passionate about his family: which includes his wife, Laura, and their toddler – Maya. He loves getting outdoors into nature and is an avid disc golfer. He has played in disc golf tournaments all over the world and is the 3x Australian Amateur Champion.

(Information about Dr. Greg excerpted from <http://everettspinerehab.com/meet-esr-team.html>)