

# 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!



The Northwest Organization for Animal Help started in 1988 on Camano Island. As needs in the greater community increased, NOAH moved facilities in 2003 to

their current location in Stanwood, WA. The NOAH Center is dedicated to stopping the euthanasia of healthy, adoptable, and treatable homeless dogs and cats. They have placed over 38,000 cats and dogs into their forever homes. They have also helped with over 100,000 spay and neuter surgeries for low income families. During July, our campaign donations will go directly to NOAH to help in their mission! What a phenomenal organization and we are so happy to support them!



## New Patient Special!

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

# All Comers Track Meets



Dr. Matt snuck away from the office for an afternoon to cheer the boys on!

One of our favorite months of the year is June.

YES! Of course we love the change in weather.

YES! Of course we love the fresh produce and farmers markets.

YES! Of course we love the amazing camping trips we take.

Most of all, our boys absolutely love to participate in the Burlington All-Comers Track Meets (ACTMs)!

We started participating in the ACTMs about four years ago. All three of our older boys now LOVE to join in the fun. If you've never been to an ACTM, it is a track meet that is meant for every person in the community who wants to participate, ages 1-100+.

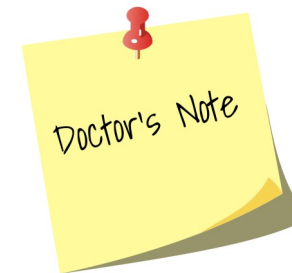
There are three field events for little kids: long jump, shot put, and softball throw. Older kids can also participate in high jump and some even participate in pole vault!

Track events include hurdles (starting at age 5!), 50M/100M/200M dash, 400M/800M/1600M races, joggers mile, and 400M relay. There are plenty of ribbons to go around for everyone, including placing 1st-3rd in many races and events.

During July, Marysville will be hosting a four-week series of All Comers Track Meets! They will be on Thursday nights from 6-8:30 p.m., starting July 11 at Lakewood High School.

JULY 2019

# MFC QUARTERLY



I love this time of year, enjoying getting outdoors with my family and seeing the sunshine! We have started camping again and my second has learned to ride on two wheels. It's exciting to watch the boys learn and grow.

Recently, I had an opportunity to attend a 2-day seminar on the Impulse IQ. It was a great weekend in Denver, CO with warm (78-degree) weather and a small class size.

One of my hometown chiropractors (I have 3), Dr. Zach Pope, has been adjusting me with the Impulse IQ for a couple years now. Very generously, he offered to let me borrow his "spare" IQ to "try it before I buy it." He



was pretty sure that I would eventually get one of my own, and he was right, sort of... I actually got 3... one for each adjusting room!

As many of our patients know, I have had my own IQ's since last September, and have been using them on several people as the exclusive adjusting technique. With many more patients, I have been using it in selected regions.

Most patients report that the adjusting tool is very comfortable, and it is certainly lighter force than a manual or drop table adjustment. The way I see it, the more tools that I have in my tool belt, the better. This seminar helped tremendously in helping me understand the analysis and protocols that went into developing this technology. I'm excited to put what I learned into practice.

This instrument has evolved from the release of the Impulse in 2006 to the Impulse IQ more recently.

## Staff Spotlight: Robin Lane Chiropractic Assistant



Robin and her husband Brad have 3 busy teenagers. They enjoy spending time with their dogs outdoors. When she is not at home she enjoys running and being involved with her church. Robin has a background in chiropractic and customer service.

Robin jumped into the team during a period of transition and has helped us so much as we settle into additional staff and new roles. We are so excited to have a flex team member who is warm, friendly, and loves helping others!

This has included a significant jump in technology with the newer instrument. Without boring you with the details about the instrument itself, it has some pretty sophisticated tech inside that actually senses a problem area. In other words, it knows whether a bone or tendon/muscle is not moving properly, and, the even cooler part, it knows when to stop once it is corrected! This Impulse is intelligent, hence the name IQ.

This has created a quantum leap for chiropractic adjustments. This seminar this weekend focused on the spine, but several other areas of the body were touched on. When the next "Extremities" module is given, I will be there. My favorite thing that I learned was the pretty neat protocol for the Pelvis/hip/low-back that I can't wait to implement

*Dr. Matt*

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



**www.mfcwellness.com**



COMING UP

3rd QUARTER

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

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

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

- July 12 & 27
- August 24
- September 7 & 28

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

**Happy Labor Day!**

- The first Labor Day parade was in NYC on Sept. 5, 1882!
- Oregon was the first to declare Labor Day an official holiday in 1887.
- We celebrate the successes of 155 million women and men in the U.S. workforce!



Come enjoy a treat with us as we celebrate 13 years of helping our community on September 5!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 SEPT 2019	2 CLOSED	3 1:00-5:30	4 8:30-12:15 2:15-6:30	5 1:30-6:30	6 9:00-2:30	7 9:00 - 11:00
8	9 9:00-12:15 2:15-6:30	10 1:00 - 5:30	11 8:30 - 12:15 2:15 - 6:30	12 1:30 - 6:30	13 9:00-2:30	14
15	16 9:00 - 12:15 2:15 - 6:30	17 1:30 - 5:30	18 8:30 - 12:15 2:15 - 6:30	19 1:30 - 6:30	20 9:00– 2:30	21
22	23 CLOSED	24 CLOSED	25 8:30 - 12:15 2:15 - 6:30	26 1:30-6:30	27 9:00- 2:30	28 9:00 - 11:00
29 9:00 - 12:15 2:15 - 6:30	30	Tans will fade, but the memories will last forever!				

**Vacation**

MFC will be closed for Chiropractic August 2-11 so that Dr. Matt can spend time with his family. We will have massage available that week to help you feel your best!

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

Last quarter, between new patient referrals, quarters donated for each visit, and your spare change...we raised **\$932** for Eagle Wings disAbilities Mother’s Day Brunch!



Thank you for your generosity!

Farmers Markets

- Marysville Farmers Market**  
1035 State Avenue \* Saturdays 10 AM—2 PM  
June 22 to August 31
- Snohomish Farmers Market**  
Cedar Avenue & Peart Street \* Thursdays 3 PM—7 PM  
May through September
- Arlington Farmers Market**  
Legion Park \* Saturdays 10 AM—3 PM  
June 8 to August 31
- Port Susan Farmers Market**  
8727 271st Street NW, Stanwood \* Fridays 2 PM—6 PM  
June through Mid-October

