

WELCOME 2018!

New Year, New Possibilities!

The New Year is here, and all of us at MFC are excited! This is a great time to reflect upon the past year and take inventory of where we are. Then, more importantly, it is a great time to figure out where we want to go in 2018. As a team, we are working towards making MFC even better!

We invite you to join us on our goal setting adventure! We have included a S.M.A.R.T. goal setting worksheet for you inside of this newsletter. S.M.A.R.T. is an acronym for Specific, Measurable, Achievable, Relevant and Time-Bound. We recommend focusing on 2-3 goals at a time, as too many will cause you to lose focus, and it is difficult to make progress on any of your goals or dreams.

An example on a generic goal would be to **lose weight**.

Let us S.M.A.R.T.-ify this goal: I want to lose 25 pounds in the next 6 months.

This meets all the criteria now, and it is not just a pseudo-goal!

Please take a few minutes to reflect and set a course for a couple goals that you have for yourself in the New Year!

Act On It

Even the best idea is only an idea. To give it value, act on it.

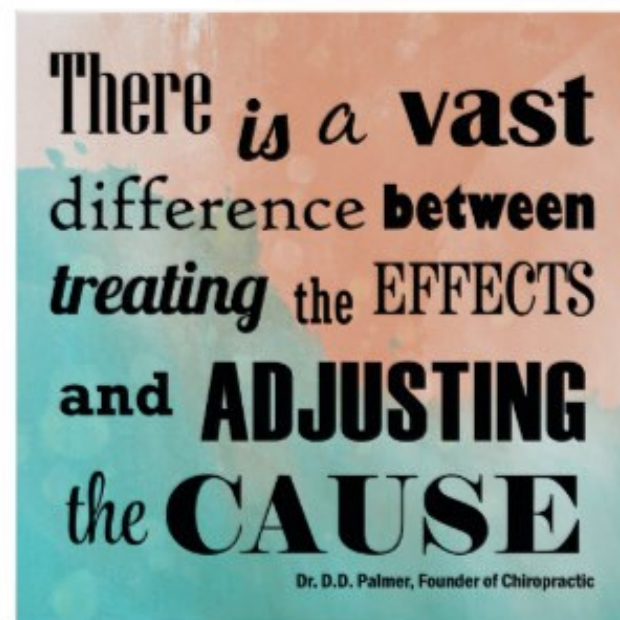
Even the most ambitious intention is only an intention until you begin to transform that intention into real value.

Most of the world doesn't really care about what you think you'll do or what you plan to do. To make the world take notice, take action. Very few people care about what you think or how you feel. What will give you credibility and influence is what you actually do.

By all means, think and plan and dream. Then stand up, step forward, follow through and do.

Zero in on an intention that has real meaning for you. Then act on it, persistently and enthusiastically, and bring it fully to life.

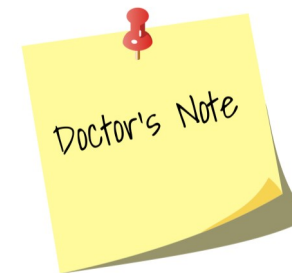
~Ralph Marston



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

JANUARY 2018

MFC QUARTERLY



Happy 2018!

With each year, new goals are set, and I want to share one of mine with all of you. I am committed to writing more this year. No, I am not going to write a novel or anything like that, and it certainly won't take away from my time at the practice. I want to communicate more information with you; to build more value for you.

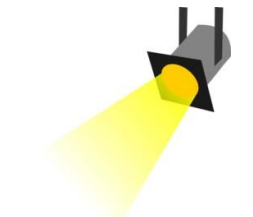
This newsletter will give me a chance to connect with you each quarter and share a bit of insight into what is happening at MFC.

In addition to that, I am going to start a regular blog on our website: www.mfcwellness.com. I also am going to have more handouts and information while you are here for your chiropractic or massage visit at the practice. That might look like information regarding a product or supplement of the month, a recent health-related news article, or scientific research that explains something that I think will be relevant for your patient care experience.

When I decided to become a chiropractor, my mission was to help as many people as I could. Thank you for allowing me to fulfill that mission. After 14 years of serving my patients, I want to focus on providing as much value to you as I can, while still helping as many people as I can. I'm committed. So, let's enjoy this year of growth together!

Dr. Matt


Staff Spotlight: Trisha Ayers Massage Therapist



Welcome to the Team!

We are thrilled to introduce you to Trisha, our most recent addition to the team! Trisha is local to Marysville and loves her community. In her free time, she enjoys hiking, new adventures, and spending time with her friends. She has a soft spot for animals and has three dogs of her own. She is a lover of music, football, and volunteers when time allows.

Trisha's massage style is an amazing blend of treatment and relaxation techniques. She believes in the body's ability to heal itself. Through listening to the body and thoughtful communication, she has a collaborative approach to reach the specific goals of her clients. She combines that notion with her clinical education to provide a thorough, soothing, and effective massage.



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?

Check us out online!
www.mfcwellness.com



COMING UP

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!

During January, 2018, we are donating to the Arlington Boys & Girls Club Capital Campaign. This campaign helps with the expansion of their gym and the completion of the Quake Ball Fields.



JANUARY 2018

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

January

January is the month to evaluate where you are in the different areas of wellness in your life and then set S.M.A.R.T. goals to improve in those areas. Wellness Wheel and goal setting sheets are available at the front desk.

Saturday hours

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

- January 27
- February 24
- March 10
- March 31

New Year's Day Facts

- The song traditionally sung on New Year's, "Auld Lang Syne," means "times long past".
- Black eyed peas, ham, and cabbage are considered good luck if you eat them on New Year's Eve or Day because it is believed they will bring you money. Lobster and chicken are considered bad luck because lobsters can swim backward and chickens scratch in reverse, so it is thought these foods could bring a reversal of fortune.
- In Italy, people wear red underwear on New Year's Day to bring good luck all year long. The tradition dates back to medieval times.
- Time Square New Year's Eve Ball was first dropped in 1907 (welcoming 1908!) after there was a fireworks ban. The original ball weighed 700 pounds and featured 100 25-watt bulbs. A little different than the celebration we know today!

1st QUARTER

February

Dr. Matt & Monica have a tradition of opening their annual family Shutterfly album with their boys on Valentine's Day. It is so fun to look back on the great memories made with the ones we love the most!

Valentine's Day Facts

Although the name is Saint Valentine's Day, most people refer to the day as Valentine's Day, or even the Feast of Saint Valentine.

It was originally a day to celebrate Saint Valentinus, who performed weddings for soldiers who were not allowed to marry. He was imprisoned for this, as well as for ministering to Christians. Saint Valentinus wrote a letter to the daughter of his jailer before he was executed. His letter was signed 'From your Valentine'. He was buried on February 14th. Valentine's Day was not associated with romantic love until the middle ages. By the 1700s in England it began to resemble the Valentine's Day we know today. At this time lovers began to express their love with gifts of flowers, candy and cards, which were called "valentines."

FEBRUARY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 2:30 - 6:30	2 9:00 - 2:30	3 <i>Kindness in giving creates love..</i>
4	5 9:00-12:30 2:30-6:30	6 1:30-5:30	7 8:30 - 12:30 2:30 - 6:30	8 2:30 - 6:30	9 9:00 - 12:00	10
11	12 9:00 - 12:30 2:30 - 6:30	13 1:30 - 5:30	14 8:30 - 12:30 2:30 - 6:30	15 2:30 - 6:30	16 9:00 - 2:30	17
18	19 9:00 - 12:30 2:30 - 6:30	20 1:30 - 5:30	21 8:30 - 12:30 2:30 - 6:30	22 2:30 - 6:30	23 9:00 - 2:30	24 9:00-11:00
25	26 9:00 - 12:30 2:30 - 6:30	27 1:30 - 5:30	28 8:30 - 12:30 2:30 - 6:30			

March – DREAM Month

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

St. Patrick's Day Facts

- Saint Patrick didn't wear green. His color was "Saint Patrick's blue." The color green became associated with St. Patrick's Day after it was linked to the Irish independence movement in the late 18th century.
- Despite his Irish notoriety, Saint Patrick was born in Britain. He was born to Roman parents in Scotland or Wales in the late fourth century.
- According to Irish legend, Saint Patrick used the shamrock as a metaphor for the Holy Trinity when he was first introducing Christianity to Ireland.
- There isn't any corn in the traditional St. Patrick's Day meal of corned beef and cabbage. The name is a reference to the large grains of salt historically used to cure meats, which were also known as "corns."
- On or around St. Patrick's Day, the Irish Taoiseach, or prime minister, presents the U.S. president with a crystal bowl of live shamrocks as a symbol of the close ties between the two countries.

MARCH 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 2:30 - 6:30	2 9:00 - 2:30	3 <i>Happy St. Patrick's Day!</i>
4	5 9:00- 12:30 2:30-6:30	6 1:30-5:30	7 Closed	8 1:00 - 6:30	9 9:00 - 2:30	10 9:00 - 11:00
11	12 9:00- 12:30 2:30 - 6:30	13 1:30 - 5:30	14 8:30 - 12:30 2:30 - 6:30	15 2:30 - 6:30	16 9:00 - 2:30	17
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25	26 1:30-6:30	27 1:30 - 5:30	28 8:30 - 12:30 2:30 - 6:30	29 2:30-6:30	30 9:00 - 2:30	31 9:00 - 11:00



New Patient Special!

For all referrals during January, we will donate an extra \$40 to the cause!

The Arlington Boys & Girls Club has been supporting local kids since 1974 and in their current location since 1992. The Club provides before and after school care, sports, and camps. They offer a large variety of games, activities, educational programs and sports throughout the year for kids in K-12th grade. The philosophy of their program is to give children the skills they need to be caring, productive, responsible citizens.