

# Summer is here!

## A ChiroMom's Prospective

We are SO excited! Some of you are enjoying your summer break already, and some of us still have a few days of school left, but the promise of a less demanding schedule and fun filled days has brought about a refreshing new mindset.

As a mom (and family events coordinator), summer is the time we use to recharge our batteries. It is an opportunity to let loose, sleep in, enjoy outings with family and friends, and explore new places locally and/or abroad. However, we also use the time to leisurely prepare for the next school year. We have fun setting new goals and looking at new healthy (but delicious) snacks we want to incorporate in our lunch bag menu. We exercise and condition our bodies, so that we are strong and ready for sports. And we enjoy reading new selections with our book club. We also take care of dental check ups and most importantly, checking to make sure our body's CPU (central processing unit), the nervous system and spine is working properly.

### Did You Know?

**The nervous system controls EVERYTHING, that includes every organ, gland, tissue, muscle and cell. A simple interference in the nerve energy flow (subluxation) hinders the body from working at it's 100% capability.**

Our kids are very active in school, sports and the arts, just like most of your children. Along the way, we meet many parents that are bending over backwards, in order to provide every opportunity their child needs to succeed. However, as a ChiroMom, I often wonder how many of our children are putting maximum effort but have nerve energy interference working against them.

**This summer we are going to share with you all we know on how to give your child the competitive edge, whether it be academics, sports, arts, or simply not missing days of school due to illnesses.**

Join the fun this summer at Page Chiropractic Life Center (PCLC)! We are getting kids ready for their best year yet, whether they are newborns or ready to go to college. There will be something for everyone. Don't delay! Add PCLC to your summer activities and be part of our **SUMMER FUN CHALLENGE. All children up to 17 years of age can participate and benefit. Registration is free and includes a complementary consultation.** Of course, no fun summer challenge would be complete without an opportunity for a **grand prize at the end.**

How it works:

Every week we will tackle a different topic such as sleep, nutrition, goals just to name a few. We will be having age appropriate information/activities that will give each child "tools" for their "toolbox", to be used throughout the year. In addition, on each visit, each child will get an opportunity to earn raffle tickets for the grand prize.