

February 1, 2026

GOOD NEWS



Connected Chiropractic and Vitality Massage

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Friends and Family!!

This month Connected Chiropractic is offering a 10% discount on the initial exam for your friends and family. Who do you know who is in chronic pain? Maybe that person doesn't even have health insurance or they were in a car accident. This is the month to refer them to us. They get 10% off and you get a free coffee. In a world of negativity, pass on a positive experience.

I went to Chicago last month for continuing education. I got to see friends and meet friends. And we heard some amazing stories. For example, there were two MDs and one Chiropractor fishing in the Amazon when their guide took them to see a tribe of cannibals. Well the chief was in so much pain that he looked to the visitors hoping for a solution. The MDs had no pills, or surgical options. The only help was the Chiropractor. Book your adjustment to hear the rest.



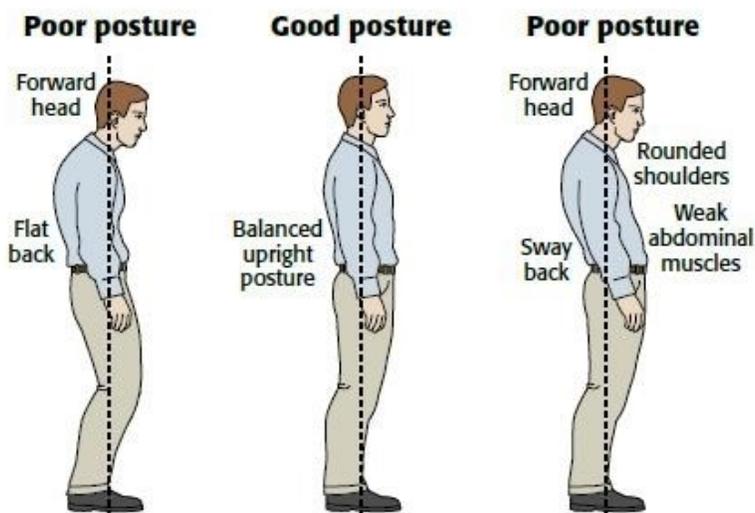
"The best part of Connected Chiropractic? I'm not grumpy any more. I don't need surgery any more. And Alyssa!!!"

-JL

Grabbing some Pad Thai in between sessions while in Chicago. What do you eat while you travel?

Poor posture?

Gentle and controlled chiropractic adjustments can correct poor posture. For many Colorado residents, their daily routines include sitting at a desk in front of a computer for long periods of time, repetitively lifting heavy objects, sitting in a car for extended amounts of time, or performing other tasks that place pressure on the back and spine. While many people try to remember their parents' advice to "sit up straight," practicing good posture is a real struggle for most. That's where we come in. Regular chiropractic visits can improve your posture by applying gentle pressure to the joints of the spine in order to relieve pressure, muscle tension, and other contributors to poor posture. Dr. Brad can also guide you through stretches and exercises you can do at home and at work to make small improvements to your posture every day.



As a treasured client and friend, we would like to invite you to our book discussion with Dr. Brad.

Be sure to bring your copy of the book, [The Body Keeps The Score](#), and your story about why chiropractic care has been important to you.

Date: Thursday , March 19, 2026

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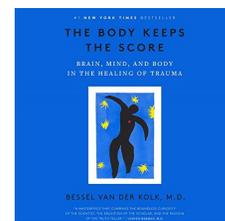
Connected Chiropractic

Chapter 2



How do Chiropractors prefer their eggs?

Over Easy with gentle flip



Did your New Year's goal change your body, mind, and spirit? Most people set these intentions for change with positivity and light. However some intentions can come from a negative place. For example, "I don't want to be fat any more."

It is important to be grateful to the body, mind, and spirit. You are where you are because of the dynamic interactions you have with all the parts of you. Setting today's mindset with positivity and gratitude might not change what happens in the day, but it will change your response to situational stress. Remember, "The past does not define us but reminds us."