

Newsletter

July 1, 2026

Connected Chiropractic

Let's Meet the Team

I would like to share a bit about our background here in Johnstown. My wife, Tracy, and I are local residents with over 30 years of experience in chiropractic care. We have owned and operated Connected Chiropractic for more than 21 years, located right across the street from Hays Market. If you see Rupert the skeleton, you've found us.

On a personal note, when I'm asked how Tracy and I met, I always mention that our hairdresser set us up. Tracy often jokes that she only kept me around because I had a library card—a standard I think every guy should be held to!

We look forward to seeing you soon.



Optimal Health

Optimal health is a dynamic, holistic state of well-being where an individual functions at their highest physical, mental, emotional, and social potential. It goes far beyond simply being free of disease, focusing instead on vitality, resilience to stress, and a proactive lifestyle.

Dr. Brad Cranwell and his team are devoting to helping you achieve your personal optimal health.

Do you remember the joke about the chiropractor?

It was about a weak back!

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Tracy Cranwell--

When Dr. Brad and I first started dating, I did asked him if he had a library card. As a librarian, I knew that his answer would tell me if he was worth a second look. He did and I did and now we have been happily married for 29 years.

While our two wonderful adult children remain the center of our lives, we are entering a new chapter as empty nesters. We are once again discovering the joy of our date nights and love supporting Roosevelt High School and this incredible community.

Thank you for allowing us the privilege of taking care of you for all these years.

Sue Buck--

I began my career teaching preschool for eight years, yet when I started my own family, I realized how much I still had to learn. I feel a similar sense of growth here. As the Office Manager and Accountant, I am constantly learning new processes and terminology under the wonderful mentorship of Dr. Brad and Tracy.

It is my hope that my work supports Dr. Brad and Tracy in providing the best possible care for you and our Milliken and Johnstown communities. Helping this practice grow allows me to fulfill my mission of ensuring you all live at an optimal level of health.

All the Help

Let us introduce you to the team here at Connected Chiropractic and Vitality Massage.

When you arrive, you will be greeted by Beth House at our front desk. In addition to caring for our patients, Beth enjoys spending time with her husband and three children.

We also have a dedicated team of massage therapists. Jenn Roff serves as our Intern Supervising Licensed Massage Therapist and brings over 13 years of private practice experience to her role. Alyssa Hein and Lisa Bloser are available for massages on Saturdays. We are also excited to support Esmeralda Guerrero as she prepares for her final licensing exam to join us as one of our newest Massage Therapists.

**Avoid Dehydration!!
 DRINK MORE WATER!!**

- 1: Enhance the flavor
- 2: Try Sparkling water
- 3: Water rich foods
- 4: Change the temperature
- 5: Add Electrolytes
- 6: Compete with yesterday
- 7: Drink 1 more ounce daily
- 8: Reward yourself
- 9: Track it in your calendar

