

# Spring Into Wellness



- Play our Health and Wellness Trivia
- Share the Gift of Wellness with Others
- Help raise money for Minneapolis Youth Sports
- Win one of 22 great Prizes

## Share the Gift of Wellness

### April "Spring Into Wellness" New Patient Pain Elimination-Wellness Evaluation



Dr. Ben and Dr. Olson

Offer expires: 4/30/2022

For your \$29 donation to Mpls  
Park Youth Sports Programs you  
will receive a **FREE:**

- **Chiropractic Examination**
- **X-Rays (if necessary)**
- **1st Adjustment**

(Normal Value \$297)



Nokomis Chiropractic and Wellness  
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[www.NokomisChiropractic.com](http://www.NokomisChiropractic.com)  
612-822-0149

Medicare and Medical Assistance restrictions apply. Not redeemable for cash or durable goods.

## Win a Fabulous Prize

### Grand Prize is a **\$100 To Marathon Sports**

**3 - Doctor recommended Vitamin baskets**

**6 - 1-Hour Massages**

**12 - Gift cards to Prima or El Jefe**

## Enter Prize Drawing

1 ticket

1 ticket

10 tickets

10 tickets

20 tickets

Each kept appointment

Each correct answer to trivia (max of 5 daily)

Tweet/Post your picture with Doc on Twitter/Facebook

Write a public Google, Yelp or Facebook review

Refer in family, friends and co-workers (limit of 12 total)

## Help Raise Money for Youth Sports

### We will donate:

- 1) The \$29 New Patient Evaluation fee from your referrals
- 2) \$2 from each nutritional product you purchase in April
- 3) \$2 for each time you tag Nokomis Chiropractic on social media while sharing how chiropractic care has helped you stay healthy and active

## Conditions we Commonly Treat

HEADACHES

NUMBNESS/TINGLING

MIGRAINES

NECK PAIN

GENERAL TIGHTNESS

HIP/ANKLE PAIN

LOW BACK PAIN

TROUBLE SLEEPING

SINUS/ALLERGIES

ARTHRITIS

EAR INFECTIONS

ADD/ADHD

ASTHMA

CARPAL TUNNEL

SCIATICA

RESTLESS LEG SYNDROME

SCOLIOSIS

BED WETTING

TIREDNESS

FATIGUE

FIBROMYALGIA

WHIPLASH

KNEE PROBLEMS

STRESS