



Everything Spine With Us

Dr.
Thomas
Kopsch

February–March
2011

UPDATES & ADJUSTMENTS

Upcoming Saturdays:

February 5th, February 19th,
March 5th and March 19th.

Hours are from 10am to
12pm.

Please visit our updated website at

www.normandychiro.com

Patient Appreciation Day is the first Wednesday of every month. Complimentary first day chiropractic care cards are available for you to give to anyone that may be in need of chiropractic care. Complimentary chair massage available all day too. Ask at the front desk.

Complimentary 5 minute chair massages available on different days of the week...

Massage is now available at the office. See back side or the website for more details.

Why You Need Chiropractic When You're Not In Pain

A wellness approach to better health means adopting a variety of healthy habits for optimum function on all levels—physical, mental, social and spiritual.

Because of its focus on the nervous system, chiropractic care can be an important part of a wellness lifestyle. The nervous system controls the function of virtually every aspect of our lives. Maintaining a properly functioning nervous system is essential if you want to be your very best.

Few things as complicated as your body can be “fixed” and then ignored. That’s why regular chiropractic check ups are recommended. Like maintaining your teeth, your car, your family, or your faith, maintaining the integrity of your nervous system requires an ongoing investment.

Those who want to be their very best, add regular chiropractic care to their other health practices. The pleasant result is often more vitality, endurance and the capacity to enjoy life to its fullest.

FITNESS TIP OF THE MONTH:

Full body flexibility in one fifth of the time

When you have little time to work out, let alone follow a stretching routine, do the figure four stretch, which targets five different muscle groups at once.

It’s my favorite stretching exercise. This single exercise hits the calf, hamstring, hip, lower-back and shoulder muscles.

Sit on the floor with your right leg extended and your left foot touching your right inner thigh. Reach forward with your right hand to touch your right foot, ankle or shin, depending on your flexibility. Hold for 30 seconds, then repeat, reaching a little farther than before. Repeat this with your left leg in front and reach with your left hand.

Dr. Thomas Kopsch, P.C.



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248.549.0140

Especially For You: New Massage Therapy

Hello, I am Adrienne Cser. I am the new massage therapist at Normandy Chiropractic. I have been a full time massage therapist for 5 years and have 2 years experience in a chiropractic setting. However, I have been practicing massage pretty much all of my life. As a young child, I worked on my parents. When I was a teenager and young adult, I worked on my friends. In 2004 a life change necessitated a career change, so I decided to do something I enjoy, that also created value, so I would like my job. And I do. I truly enjoy helping people live more fulfilled lives. I feel like my money and my life are blessed because I am helping people. I attended Irene's Myomassol-

ogy Institute in 2005 and graduated at the top of my class. At Irene's all students are encouraged to study different modalities and incorporate them into their massage. The styles I blend come from Swedish, Thai, Myofascial, Trigger Points, and Sports Massage. My philosophy of massage is to assist people in getting and maintaining structural alignment. I can tailor a massage to meet your needs whether that is to gain flexibility, help relieve chronic pain, and help maintain a healthy immune system, release old scar tissue or just relax. These are a few examples; there are many other benefits to massage therapy. Just ask!

Massage Coupon



\$10.00 off 60 or 30 minute massage

Good through March 31, 2011

Adrienne Cser at Normandy Chiropractic Clinic
32268 Woodward
Royal Oak, MI 48152
248.549.0140

Call today for an appointment!