

# MILAN CENTER NEWS

Seasonal Newsletter

Spring 2019

## Spring Events

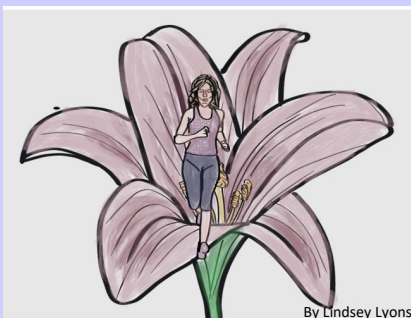
- **Lake Run - May 11th**

We will be at the Lake Oswego Lake Run again this year! The run offers a 5K, 10K, kid's dash and a festival. We will have a booth so stop by to enter our raffle and get taped up after the race!



- **Howl At The Moon— July 26th**

We will be at the Howl at the Moon Obstacle 5K Race at Luscher Farms in Lake Oswego! Following the race is a barn bash with music, food and drinks. Stop by our booth after you finish the adventure. We look forward to seeing you!



Welcome to our spring newsletter! Our newsletters will keep you informed on current topics in healthcare, updates to the clinic, and other matters related to chiropractic and your health. We hope you are enjoying the start of spring and hope to see you at our upcoming events!

## Introducing our new Rehab Room!

We have upgraded one of our treatment rooms with brand new equipment. The new space will be used for exercises during appointments.



Equipment includes:

- Cable System
- Dumbbells
- Kettlebells
- Stability Balls
- Bosu Ball
- Foam Rollers
- Balance Pads & more!

How many times have you been given an exercise by your doctor or provider and couldn't remember how to do it once you got home?!

Our new rehab room is dedicated to educating our patients on exercises that can be performed both at home or the gym. The space allows for your provider to observe you performing exercises and make sure they are being done correctly before sending you home.

Strengthening plays a large role in the healing process and greatly benefits patients who are in pain or have limited function. Our muscles and joints are put under load every single day. The better prepared your body is to handle that load, the less pain you will experience!





Our massage therapist, Lindsey Lyons, is now a certified yoga instructor! Lindsey will be integrating both stretching and breath work into massage appointments. Private yoga lessons (feel free to bring a friend) will be available at our office starting May 1st. Ask Lindsey or our receptionists for more information!

Practicing yoga regularly has many benefits including:

- Strength
- Flexibility
- Improving range of motion
- Home & travel routine
- Reducing stress
- Mind/body connection
- Breath control

**In This Issue:**

- Spring Events
- Rehab Room
- Private Yoga Lesson



*Stay up to date with events, office hours and holiday closures, and get healthcare tips!*

Visit us on the web at:  
Milanovichchiro.com

(503) 635-6005  
info@milanovichchiro.com

**Hours & Info**  
Monday 8:30—5:30  
Tuesday 8:30—5:30  
Wednesday 8:30—5:30  
Thursday 8:30—5:30  
Friday 8:30—5:30



16679 Boones Ferry Rd Suite 105  
Lake Oswego, OR 97035