

*February E-News*  
*Wills Family Chiropractic*



Announcing

*Noah Randy Wills*

Date: Friday January 14

8lb 1oz, 20 inches

For Updates on Noah please go to [Carepages.com](http://carepages.com) and sign up to be a member. Put in the following link and sign up. It is completely free.

[Http://www.carepages.com/carepages/226894/invitations/1320694/4148d3cc2586562652f10dee3b4d88cdabd49bb?client\\_code=umich&ipc=miv](http://www.carepages.com/carepages/226894/invitations/1320694/4148d3cc2586562652f10dee3b4d88cdabd49bb?client_code=umich&ipc=miv)



## Announcing A Change in Winter Season Hours

We are switching our Friday Massage Appointments from the current morning schedule to the afternoon schedule in order to accommodate our Hard working teachers. Morning appointments will still be available upon request.



### Encouragement Corner

“And let us consider how we may spur one another on toward love and good deeds”

Hebrew 10:24

How are you doing  
on your Resolution?

Even if you have totally messed up,  
given up,  
or quit....

Never give up hope every day is a new day  
Decide each day to live today healthy  
The first step to a healthy life is to begin  
one day at a time.

### *An Encouraging Word*

*“One of the great secrets to Living a Better Life is that it's not about being able to spend MORE money! It's about enjoying and managing what you already have....BETTER!”*

## Stress Relieving Tips

Take a pamper bath, soaking in Epsom salt to relieve muscle aches.

Add a few drops of Lavender oil to help melt away tension. Light a candle and add some soft music in the background. (turn off your phone)



## Don't have time for all of that?

Try a nice foot soak. Sit in your favorite chair and have a hot cup of coffee or herbal tea and feel relaxed. Add some vinegar to the water for detoxing, or a few drops of Lavender oil.

Pick up that book or article you've been putting off for lack of time to read, Close your eyes and listen to the quiet or put on some soft music. You'll be relaxed in no time.



# Creative Ways to say "I LOVE You"

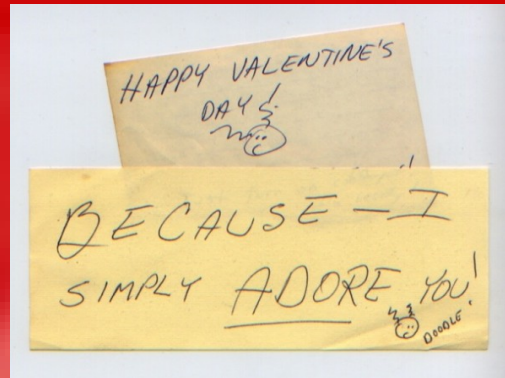


1) Use eucalyptus or peppermint lotion and give your loved one a foot massage

2) make their favorite meal

3) Give them a sincere complement to make their day

4) Put a note in their lunch or Leave a love note in their sock drawer or somewhere only they will find it



4) Do a chore for them that you know they don't want to do themselves

5) Buy them a massage

6) Watch their favorite movie and make their favorite snack



7) Make them a CD of their favorite songs or the songs that make you think of them.



