

# New Year, **NEW YOU!**



For some, the new year is a time of reflection on all you're thankful for, all you've accomplished, and the dreams that became reality. But for others, it can feel daunting, a time to reflect on or regret the things you wish you would or could have done.

We encourage you to shift your focus and create the life you desire. Every day is a gift and the new year is a time to be excited for all the possibilities ahead. There's so much you can do to live and experience your best life.

**Did you know there are things that you can do to maximize the healing process?**

**We're here to tell you there's hope and renewal in the new year.**

At Compass Medical Center, our goal is to help each person express their full gifts and life potential through holistic care, movement, and nutrition. We believe that the innate intelligence that knit us together in our mother's womb and healed our broken bones is still powerful enough to do those things even as we age.



At Compass Medical Center we focus on the body as a WHOLE and take an "outside-in" and "inside-out" approach to your health by:

- Using chiropractic care to clear the nervous system of interference and make sure the brain and the body are in communication so that it can heal, maintain and regulate itself.
- Encouraging movement through exercise.
- Opening compressed joints with special machines that relieve the pressure.
- Stimulating blood flow and oxygen through the body with light therapy, Far Infrared sauna, nerve, and muscle stimulation.
- Relaxing tense and stressed muscles and joints with massage therapy and holistic injection therapy.
- Boosting hydration and health through IV therapy, nutritional supplementation, and vitamin injections that are readily absorbed into the body.
- Helping those struggling with weight through coaching, lifestyle change, exercise, contour light therapy, and addressing nutrition.

**Rediscover yourself, a New Year and a New You in 2022!**

*Be blessed and be a blessing, which is easier to do when you take care of yourself. See you soon!*

Schedule Your **FREE** Consultation Today to Kick Off the New Year!

**970-985-4506**

2478 Patterson Road • Suite 17 • Grand Junction, CO