

HEALTH FIRST CHIROPRACTIC SPRING NEWSLETTER

MARCH/APRIL 2006 ISSUE

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JOIN US IN THE FIGHT AGAINST MULTIPLE SCLEROSIS

The staff at Health First Chiropractic has been busy planning some fun events for you over the next couple months.

The office will be heading up a team, in partnership with our sister office in Mill Creek, to walk in the MS Walk on **Sunday, April 2.**

Every hour of every day, someone is diagnosed with multiple sclerosis. In fact, the Pacific Northwest has a higher incidence of multiple sclerosis than almost any other part of the world.

Multiple sclerosis is a chronic, often disabling disease of the central nervous system. Symptoms may be mild, such as numbness in the limbs,

or severe, paralysis or loss of vision. Most people with MS are diagnosed between the ages of 20 and 50 but the unpredictable physical and emotional effects can be life-long.

What can we do to help?

We'd love for you to join us at the Seattle MS Walk (held at the Husky Stadium). The best part is if we raise \$3,000 for the National MS Society, Dr. White will be walking in the flashiest dress, wig, tights and sparkly shoes we can find.

All our donations go to the National MS Society; eighty five percent of their proceeds fund local programs and services for the more than 50,000 people affected by MS

in Greater Washington and national research efforts to find a cause and cure for MS.

Please take this opportunity to make a difference in the life of someone with MS!



For more information on how to join our team or if you'd like to donate to the cause, see Molly at the front desk.

UPCOMING EVENTS:

- Don't forget! The MS Walk is **Sunday, April 2!** You can join our team or make a donation to help fight MS. See Molly for more details.
- Our Dinner with Doc events are coming up on **April 27** and **May 3**. See Molly to sign up yourself and a friend!

SIGN UP NOW FOR DINNER WITH DOC!

We'll be hosting "Dinner with Doc" on **April 27** (Dr. White's patients) and **May 3** (Dr. Amy's patients).

Please bring a friend or loved one and join us for great food and an informative talk about chiropractic at Desert Fire in the Redmond Town Center.

It's a great opportunity for your friend or family member to find out more about chiropractic care. The evening starts at **6 PM** and dinner is on us!

Also, stay tuned for more details in the coming months on our next donation drive. We'd

like to help even more families this time with all your donations, while offering our chiropractic services to as many folks as we can help.



SPOTLIGHT: DR. TONI BEST

Dr. Toni Best is an international speaker, wellness coach, chiropractor, and yoga instructor. As a former athlete and woman who struggled silently with eating disorders for 20 years, she has been on a nearly lifelong quest of healing, recovery and self-mastery. These experiences led her to an in-depth study of the human body, mind and potential; she earned her Bachelor of Science in Human Biology in 1998

and her Doctor of Chiropractic Degree from Life University in 2001.

Her continued struggle with eating disorders led her to yoga in 1997 and the result was a personal recovery and transformation that led her to study with many local- and world-renowned yoga teachers and masters in the traditions of Ashtanga, Baptiste Power Vinyasa, and Bikram

Yoga. She began teaching in 2002 and has since taught at several local yoga studios, calling Hot Yoga of Kirkland her home.

She brings understanding of personal struggle as well as knowledge of health, the human body and alignment to her teaching. She teaches authentically from love and inspiration and enjoys watching her students discover their

true essence through the experience of yoga.

She is co-founder of Achieving Wellness Centers and Worksite Wellness with her husband and partner Dr. Darren White. She is available to speak on many wellness topics to companies and groups in search of health and self-mastery. If you'd like to book a seminar with Dr. Toni, please call Worksite Wellness at 425.894.5587.

Don't miss our upcoming events! See inside for details...

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The first wealth is health. ~ Ralph Waldo Emerson

NEW FACES: MEET MOLLY!

I'm Molly Desimone, the "newbie" at Health First Chiropractic. I currently live in Snohomish where I spend any free time riding and taking care of my Arabian horses. I am taking general classes at Bellevue Community College where I await to start the radiologic tech. program sometime next year. I have a strong passion for

fashion and was living in L.A., though it only brought me back home to the fresh rain and my 12-acre farm.

I have thoroughly enjoyed learning and meeting everyone at Health First in Kirkland. Thank you for welcoming me on board!

A NOTE ABOUT THE ROAD WORK...

We wanted to thank everyone for their continued patience while construction and road closures on Totem Lake Blvd. make for some treacherous traffic conditions. Here are some directions to help you navigate around the closures:

Option #1: take 116th Ave. (runs parallel to I-405) and turn right (East) on 132nd St. Go under the freeway and turn right (South) onto Totem Lake Blvd.

Option #2: take 120th Ave NE (runs behind the Totem Lake Mall by Trader Joe's. Follow 120th to 132nd St. and take a left (West). Turn left (South) at Totem Lake Blvd.

