

#### OFFICE HOURS

Monday: 9-1, 3-6 Tuesday: 9-1, 3-6 Wednesday: 9-1, 3-7 Thursday: 9-1 Friday: 9-1, 3-6

If you have a preference of doctor: Dr. Reed is <u>ONLY</u> here Mondays, Tuesdays and Wednesdays. Dr. Hood is here everyday <u>EXCEPT</u> Tuesdays

\*(Last walk-in taken 20 minutes before closing)

#### REEDCHIROPRACTIC

#### Voted Best Chiropractor Tempe 2023!

250+ 5-Star Google Reviews





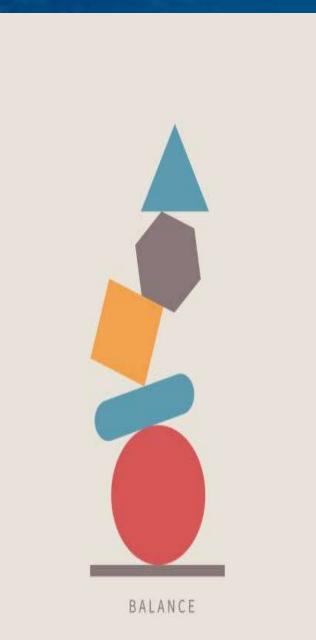


# **MENTAL HEALTH** Awareness Month

## FOLLOW US ON FACEBOOK







#### **DOWNLOAD** *Our office app*

SKED is our new scheduling app! Set appointments without confirmation wait, see existing appointments and reschedule as needed. You will even be able to see what the busiest times of the day are using the color coding – so we can get you in and out quickly.

SKED will also replace our text system; send a message and communicate with us directly through the app using the MESSAGE action button.

(if you choose not to download the SKED app, scheduling will still be available through SKED online- link on the website. You will also still receive reminder texts.) Office Information

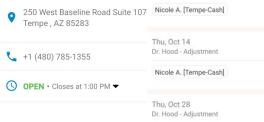
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CALL











Dr. Hood - Adjustment

SKED

October 202 15 16 23 25 29 30 31 9:10 AM 9:20 AM 9:30 AM 9:40 AM 9:50 AM 10:00 AM 10:10 AM 10:20 AM 10:40 AM 10:50 AM 11:00 AM 10:30 AM 11:10 AM 11:20 AM 11:30 AM 11:40 AM

11.20 AM

12:30 PM

3:30 PM

9:00 AM

12:00 PM

12.40 PM

3:40 PM

Select Date/Time

4.10 DM	4-20 DM	4.00 DV4	4-40 DM

12.10 PM

3.10 PM

3:50 PM

12.20 PM

3.20 PM

4:00 PM



Full article on our Blog!

Peppermint Oil-ease achy muscles, analgesic, increased circulation

Eucalyptus Oil-decreased inflammation, analgesic

Frankincense Oil-analgesic, decreased inflammation, increased immune support

Juniper Berry Oil-analgesic, decreased muscle spasms, anti-rheumatic

Lavender Oil-analgesic, anti-microbial, decreased inflammation

**Rosemary Oil**-analgesic, decreased inflammation, decreased spasms, memory enhancer **Clary Sage Oil**-analgesic, decreased muscle spasms

\*\*\* Please discuss with your primary health care provider any potential contraindication of essential oils and any prescriptions you are taking.

#### Pick up some relief while you're here!

Reed Chiropractic carries a great pain-relieving cold therapy that can be used at home in a convenient roll-on bottle called CryoDerm. This produce contains peppermint and eucalyptus oils as well as plant medicine from Arnica, Bosmella Serrata and Ilex Paraguariensis Leaf (YerbaMate).



# Reed Chiropractic Welcomes April New Patients:

Cynthia C Teddy H James S Tyler M Jessica H Blake W **Brandon H** Dermillo R Carlos R Tanyon B Sage D Brett L

Dan O Ariel L Kyle D Reese G Juan L Sita R Ty C Bill M Fernando S Adam F Shannon K Tyler M The Highest Compliment Our Patients Can Give Is The Referral Of Their Family & Friends!

> Mark M Lori P Brianna A Ben H Courtney Q **Riley H** Jose L Elena F Kaylyn K

### Not getting our text message appointment reminders??? Please let front desk know!



Hi Katie, we look forward to seeing you for your chiropractic appointment today at 10:20 am.

SKED

If you need to reschedule you may do so through our app with the link below.

https://a.sked.life/c/opensked

**Reed Chiropractic** 

have a good day have a good day

#### MEXICAN STREET CORN SALAD





Scan our QR Code below for complete details and full recipes



## THE BEGINNING OF THE YEAR BRINGS CHANGES!

Please make sure we have

your updated info:

Change of address

Change of phone number

If you have Medicare, has your plan changed?



## HELP US GET THE WORD OUT

#### **Refer and Win!**

Refer someone you know and get a little

Ο

something from us to show our

appreciation!

#### Write a Review!

- Write a review on Google & Yelp!
  - Write a Facebook review, too!



# REEDCHIROPRACTIC Path To Wellness