



No Bake Lemon Blueberry Cheesecake Bars



- 1 cup almonds*
- 1 cup pitted dates
- 2 cups frozen blueberries, plus more for garnish
- 1 1/2 cups raw cashews, soaked overnight & drained
- 3/4 cup Silk Plain Soy Dairy-Free Yogurt Alternative
- 1/4 cup + 2 tablespoons lemon juice
- 1 1/2 teaspoons vanilla extract
- 1/8 teaspoon salt
- Lemon zest, for garnish

Find the
full recipe
on our
website

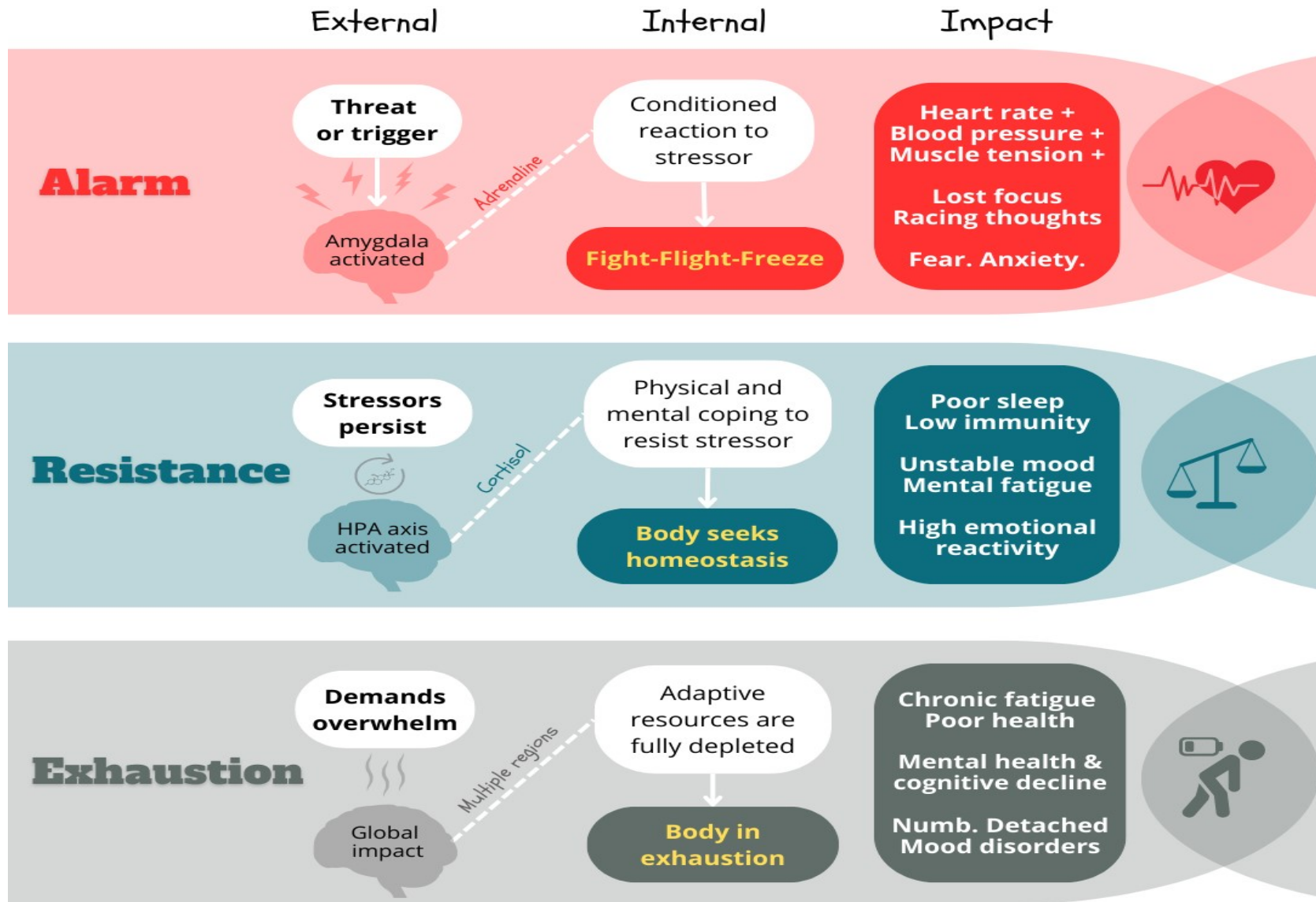
<https://www.emilieeats.com/no-bake-lemon-blueberry-cheesecake-bars-vegan-gluten-free/print/5864/>



The 3 Stages of Stress:

1. Alarm: Where the body's fight or flight mechanisms are activated.
2. Resistance: Where the body adapts to stress or successfully fights it returning the body to normal.
3. Exhaustion: Due to prolonged stress, low resistance or malfunction.

Stages of Stress



Techniques to Reduce Stress



30 minutes of daily moderate exercise



Mindfulness and meditation



Progressive muscle relaxation



Yoga



Visualization



Slow, deep breaths

SLOW
DOWN

KEEP
CALM

BE
POSITIVE

TAKE
IT
EASY

UNPLUG

ENJOY
LIFE

HAVE
FUN

BREATHE

RELAX

GO
OUTSIDE



MEDITATE



Welcome New Patients

- LeLand M.
- Emilio R.
- Jamie B.
- Kathleen P.
- Todd B.
- Clare L.
- Kristin L.
- Christian C.
- Diane O.
- Ella R.
- Eric L.
- Madison T.
- Baylee T.
- Rhianna W.
- Ana P.
- Julio P.
- Tyke H.
- Sebastian V.
- Michael C.
- Joshua C.

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REEDCHIROPRACTIC

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@TempeChiropractors

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Write a post...

Photo/Video Tag Friends Check in

Services

New Patient Special \$68
Consultation, Exam, Xrays (if needed), and first a...

Wellness Chiropractic Treatment \$29-\$38 paid at time of service
Wellness Adjustments

See All

Recommendations and Reviews

4.9 out of 5 · Based on the opinion of 56 people

Community See All

Invite your friends to like this Page

415 people like this

433 people follow this

checked in and 1 other like this or have checked in

1,329 check-ins

About See All

250 W Baseline Rd, Ste 107

[Facebook.com/ReedChiroAZ](https://www.facebook.com/ReedChiroAZ)

The background of the slide is a light blue color with a pattern of white snowflakes and stylized holly leaves and berries in shades of blue and red. The holly leaves are scattered throughout, with some clusters of red berries. The snowflakes are of various sizes and are scattered across the background.

The New Year Brings Changes!

Please make sure we have your updated info:

- Change of **address**
- Change of **phone number**
- Change of **email**
- Change of **Insurance/Medicare**

Office Hours

**Monday, Tuesday, Friday:
9:00-12:40 pm, 3:00-5:40 pm**

**Wednesday:
9:00-12:40 pm, 3:00-6:40 pm**

**Thursday:
9:00-12:40 pm**

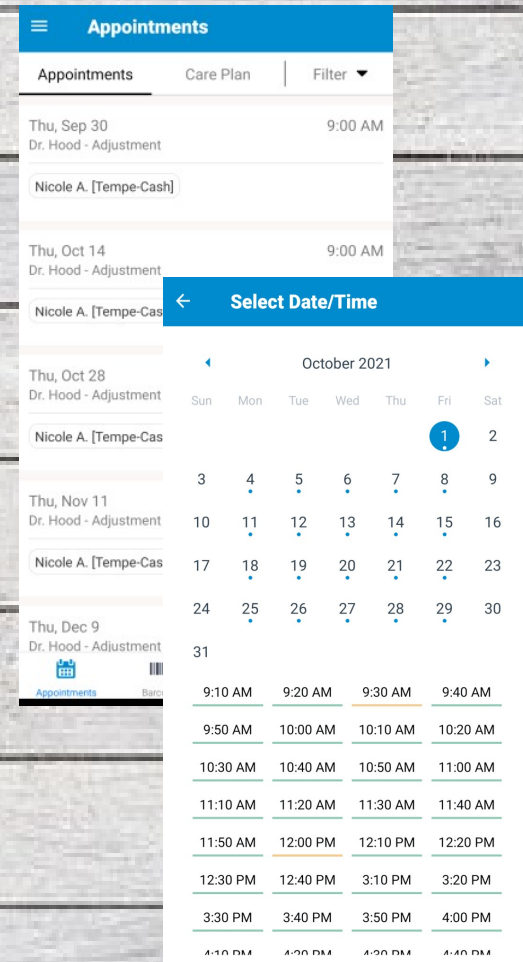
If you have a preference of doctor:
Dr. Reed is ONLY here Mondays, Tuesdays and Wednesdays.
& Dr. Hood is here everyday EXCEPT Tuesdays.

DOWNLOAD

Our office app



- SKED is our scheduling app! Set appointments without waiting for confirmation, see existing appointments, and reschedule as needed. You will even be able to see the busiest times of the day using our color coding – so we can get you in and out quickly.
- Send us a message on SKED and communicate 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 – a link is on our website. You will also still receive reminder texts.



**Not getting our text message
reminders?**

**Please let the front desk
know!**



Me

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


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

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

Reed Chiropractic

SKED

Scheduling Made Simple



Thank You for the Referral

- Cecilia L.
- Desirae S.
 - Joy B.
- Michael Z.
- Savannah H.
 - Mike R.

Don't Let Your
PINE
Get On Your
Nerves

Let the
power of
Chiropractic
light the way
to health.



2024

H A P P Y N E W Y E A R