



CHIRO MADNESS

Chiro Madness

You get 2 Free
Throw Shots
with each visit
in March.



REEDCHIROPRACTIC



Refer and get 10 entries!!

CHIRO MADNESS

- * REFER A FRIEND AND RECEIVE 20 TICKETS
- * NEW PATIENTS RECEIVE 10 TICKETS
- * EACH PATIENT GETS 2 FREE THROWS PER VISIT
- * EACH FREE THROW MADE EQUALS 1 TICKET



**REFER FOR
YOUR CHANCE TO
WIN:**

- 60 MIN MASSAGE
- T-SHIRTS
- GREENS FIRST
- GIFT CARDS
- MASSAGE GUN
- MORE GREAT GIFTS AND PRIZES!




REEDCHIROPRACTIC
It's Easier to Stay Well than to Get Well

CHIRO MADNESS

NEW PATIENT SPECIAL

\$49

ONLY

**Exam, X-Ray
& Adjustment**



REEDCHIROPRACTIC
It's Easier to Stay Well than to Get Well

**SLAM DUNK
OF A DEAL!**



Reminders for this week

You don't need to be happy all the time

Take time to do something for you

You don't have to be amazing at everything

Allow yourself to fail

Listen to your body

Every day is a fresh start if you make it one

Check in with your own mental health

You can't change how other people feel

**YOU'RE
WORTH
A SHOT**





AFFIRMATIONS FOR A NEW WEEK

I WILL NOT STRESS OVER THE
THINGS I CANNOT CONTROL

I CAN HANDLE WHATEVER
COMES MY WAY

I AM EXCITED FOR ALL NEW
OPPORTUNITIES THIS WEEK BRINGS

I WELCOME THIS WEEK WITH
OPEN ARMS

DAYLIGHT
ILLUSTRATIONS

Crispy Broccoli Cheddar Rounds

Ingredients

- 1 (10oz) bag frozen broccoli rice* (about 2 cups)
- 2 cups freshly shredded cheddar cheese (not the pre-shredded)
- 1 large egg
- 2 tbsp almond flour
- seasoning to taste (I use garlic salt)

Instructions

- Cook the broccoli rice in the microwave according to the package directions. Using a fine strainer, drain and squeeze out as much of the excess liquid as you can; set aside to cool.
- Preheat oven 400 degrees and line a large baking sheet with parchment paper.
- In a bowl, mix together broccoli rice, shredded cheese, egg, almond flour & seasoning to taste.
- Make about 16 small balls with the mixture and place them evenly on your baking sheet. Smoosh them with your hands to flatten them out a bit.
- bake for about 15 minutes (or until they start to brown), and then flip them over and continue baking for another 8-10 minutes.
- Eat alone or with ranch dressing for dipping!



KEEP GOING,



KEEP GROWING

Not getting our text message reminders?

Please let the front desk know!



SKED
Scheduling Made Simple

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>

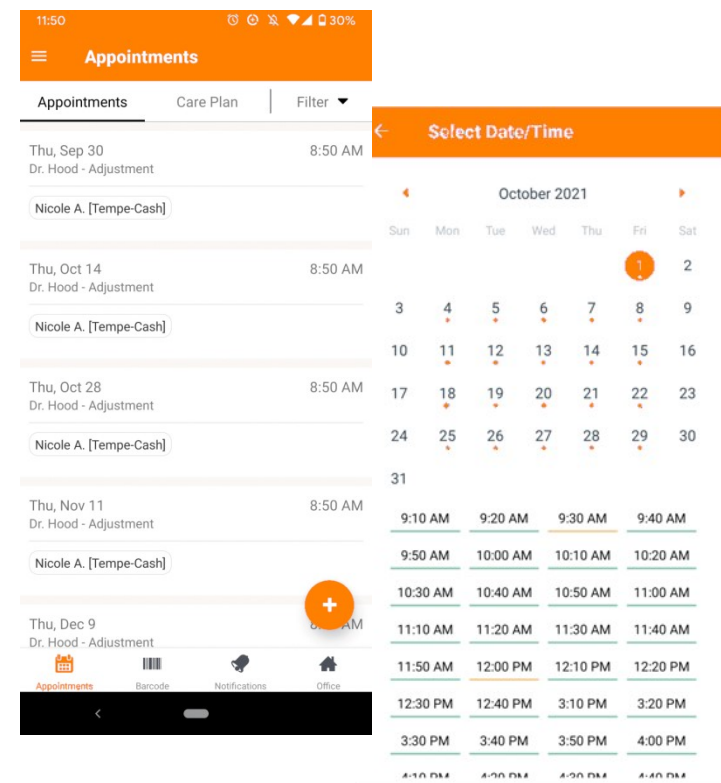
Reed Chiropractic

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.

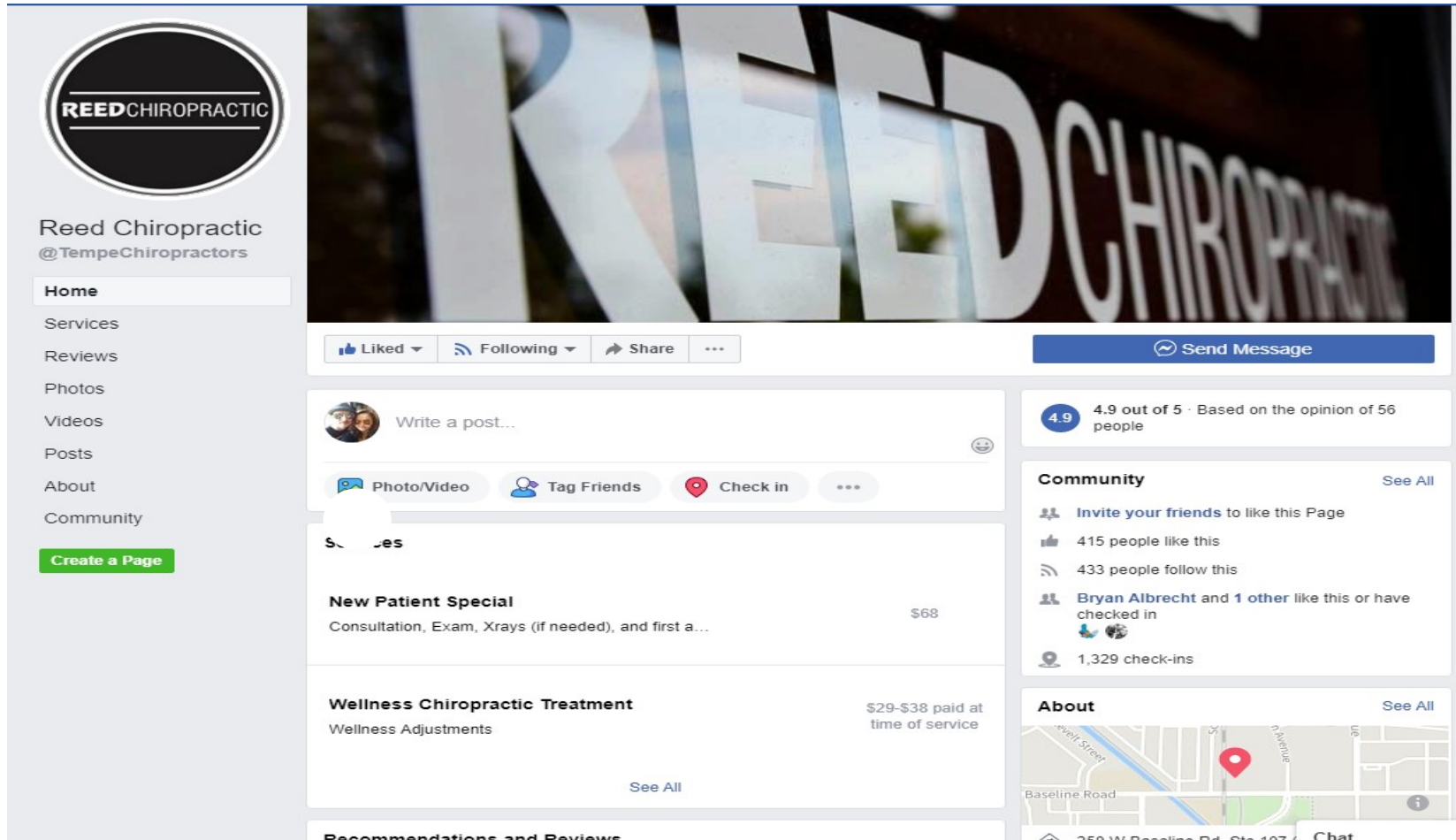
- If you choose not to download the SKED app, scheduling will still be available through SKED online – a link is on our website. You will also still receive reminder texts.



Welcome New Patients

- 
- Areli D
 - Robert C
 - Maria A
 - Katelin M
 - John Q
 - Sam M
 - Stephanie S
 - Jewella D
 - Tyler S
 - Dennis C
 - Douglas C
 - Sajin P
 - Cathy H
 - Sara S
 - Phyllis W
 - Deric O
 - Josh S
 - Eric K
 - Michelle H
 - Stephen R
 - Amanda R
 - Bradley R
 - Alexis P
 - Domenica R


Follow us on Facebook



The image shows a screenshot of the Facebook page for Reed Chiropractic. The page header features the business name "Reed Chiropractic" and the handle "@TempeChiropractors". The cover photo displays the word "REED" in large, white, 3D block letters. The page includes a navigation menu on the left with options like Home, Services, Reviews, Photos, Videos, Posts, About, and Community. The main content area shows a post creation prompt, a "New Patient Special" for \$68, and a "Wellness Chiropractic Treatment" for \$29-\$38. The right sidebar displays a 4.9 star rating, community information, and a map of the location at 250 W Baseline Rd, Ste 107.

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





YOUR REFERRALS ARE A SLAM DUNK THANK YOU!

- Ignagio A.
- Irene A.
- Heather F.
- Debra W.
- Leland M.
- Heather W.
- Jake R.
- Aaron W.
- Vickie C.
- Domenica R.
- Kelly B.
- Shelby S.
- Evan S.

Appointment 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.