



Powers
Chiropractic, Inc.

WHAT'S NEW AT POWERS CHIROPRACTIC?

It's been a long time since we sent a newsletter but finally here it is. We have worked hard to make this packed full of info that will mean something to you.

To catch you up on the events of the last year or so for me, I have to discuss the people I love and who love me. My son is now both an Ensign in the Navy and a graduate of the University of Wisconsin with honors in Mechanical Engineering. He is back East in submarine school for the next year.

My daughter is the national marketing director for TechSoup which is a nonprofit organization that designs software for nonprofits. She loves her job and they love her. She spends her day helping her favorite charities reach their goals. Her new goals include having a baby. I may still yet get to be a grandmother.

Sadly my family of origin is not fairing as well. My parents are in their eighties and facing the kind of hard choices aging brings. I help as much as I can but they live in Western Washington and it is difficult. I am just grateful that they are alive.

I am continuing to gain strength and focus following the end of my trials. Each day is a blessing. I am branching into integrative health care to further assist you in all of the factors of well being.

One of my best friends, Dan Monti, from Philadelphia is about to release his book on health and longevity with the best lifestyle. It comes out on 12/9/08. He is the director of Jefferson Medical School's Integrative Medicine Clinic. The book is entitled "The Great Life Makeover". Look for it in bookstores as a Xmas present. Dr. Monti is a psychiatrist who specializes in brain chemistry.