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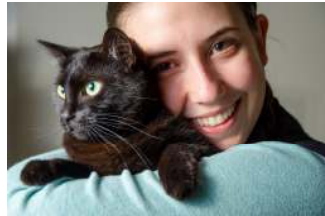
Welcoming Dr. Gomez

Some of you may have noticed a new staff member wandering around *Balance* with her long Pocahontas-like locks trailing behind her.

We would like to introduce Dr. Megan Gomez! A recent graduate from the University of Western States, she originally came to *Balance* for a preceptorship during her last term of schooling. She ended up liking us so much she chose to start her career here the minute she got her license.

Dr. Gomez uses a gentle diversified and instrument-assisted adjusting technique. She likes to focus on neck pain and headaches, shoulder pain, low back pain, and chronic issues!

Megan is going to be with us five days a week, and will be at all of our marketing events. When you need a chiropractor you will now have the choice between **two** every day. We are beyond excited to have you with us Dr. Gomez!



Staff Member of the Month: Kali VanCleave!

Kali joined the *Balance* team in June 2015, starting as a Front Desk Assistant. Her perseverance and dedication have helped her rise through the ranks, taking on the position of Executive Assistant to the owners, meaning she now helps run everything at *Balance*.



As a Jack of all Trades, Kali also designs and manages *the Pivot*, helping to keep you informed and healthy. Kali's two year *Balaversary* is heading our way and saying thank you properly is hard to do; from coordinating events, helping patients, making power points, and being an awesome friend to everyone, we appreciate her more than words can say.

Outside of *Balance* Kali enjoys Saturday breakfast with her mom, shopping, Harry Potter, and working out. Her spirit animal is the French Bull Dog—probably because they are adorable and fun! Kali thrives in making order out of chaos, making her the perfect fit for our *Balance* family! We are so proud of you, Kali! #DoYouEvenLift #Outreach #ShesTheBossOfMe



Summertime Green Smoothie

Ingredients:

- 2 Handfuls Fresh Kale
- 1 Apple (chopped)
- 1 Cup Raspberries
- 1/3 Cup Goji Berries

1 Cup Almond Milk

- 1 Banana (frozen)
- 6 Ice Cubes

Directions:

Place all ingredients in a blender and blend until smooth. Serves two.

Benefits:

Kale contains vitamin K which suppresses inflammation. Goji berries ward off sun damage, including liver spots and freckles. Apples are one of the highest ranking fruits with antioxidants.

<http://goodnessgreen.com/kale-apple-raspberry-goji-berry-smoothie/>

Women & Wine Update

This is the year for mixing things up. We are currently planning Women & Wine but this year the name will be changed to *Balance Family Fun Day*. There will also be a slight change to the atmosphere of the event to more of a carnival style backyard barbecue.

So far, the plans are to be open in the morning for existing patients to receive **free treatments**. The afternoon will consist of food, drinks, games, artists, and hanging out with the *Balance* staff.

We are looking for vendors that provide a service to fill the event. If you have something you think would be a great fit for our summer time event with a new twist, don't hesitate to reach out to us for more information! #BalanceOutreach

Point of the Month

Heart 8 - Lesser Mansion: clears heat from the heart and small intestine. Calms the Shen.

If you suffer from spasmodic pain of the little finger, palpitation and chest pain Heart 8 is a great point for you.

You can find this point on the palm; when a fist is made, the point is where the tip of the little finger touches.

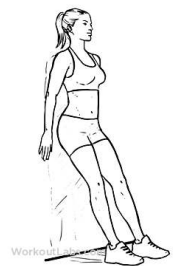


How to:

Place your back against a wall with feet shoulder width apart and a little way out from the wall. Then, keeping your back against the wall lower your hips and knees until they form right angles.

The benefits:

This exercise will strengthen your quadriceps muscles. If you feel a burning on the front of the thighs you're doing it right.



Wall Sit



Upcoming Events:

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Riverview Event
4	5	6	7	8	9 Dr. Strand Out	10
11	12 Kali's Balaversary	13	14	15 Berger Event	16	17
18 Happy Father's Day	19	20	21 Start of Summer	22 Walt Morey Event	23	24
25	26	27	28	29	30	

Looking Ahead

- 07/04** 4th of July (closed)
- 07/14** Balance Family Fun Day (formerly Women & Wine!)
- 07/27** Closed (Training)
- 07/28** Closed (Balance Break)

Chair Massage

Want *Balance* to come take care of your staff?
kali@BalHiC.com

MISSION STATEMENT:

“We are committed to providing fully integrated, safe and effective patient-focused healthcare; with an emphasis on education and prevention, and a belief that we all deserve a life of **Balance**.”

Did you know??

Balance is on Facebook, Instagram, and Twitter. Make sure to follow us on all social media platforms in order to stay up to date with all specials and promotions.

Once there you will find posts about our events and upcoming specials for our followers only! You can expect to see facts about acupuncture, chiropractic, and massage as well as funny pictures of the staff, and perhaps a stretch or exercise that has been particularly helpful in the past couple of days.

If you would like to see *Balance* on any other social media platforms please don't hesitate to ask!

Balance

Health & Injury Clinic, PC

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PRACTITIONERS

Licensed Acupuncturist, Eric Strand, Clinic Director

Doctor of Chiropractic, Daniel DesJardins

Licensed Acupuncturist, Christina Lambert

Doctor of Chiropractic, Tyler Burke

Doctor of Chiropractic, Megan Gomez

Licensed Massage Therapist, Jessica Ulmer

Licensed Massage Therapist, Brooke Braga

Licensed Massage Therapist, Erik Wold



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