

PHOENIX RISING WELLNESS CENTER NEWSLETTER

When you think about your health, think about us for your chiropractic needs



Car Accident? We can help

Car accidents can be a pain to deal with. Whether it's your fault or theirs, it's going to be a hassle to get through. But if you follow these steps, you can start your case in the right direction.

Our doctor can help diagnose any pain or injuries you sustained from your accident and will work with you to determine the type of adjustments and/or treatments you may need.

We can also help refer you to a lawyer that will help you with your case to ensure you get the best possible assistance you need.

WHAT TO DO IN A CAR ACCIDENT?

01

Remain calm and exchange driver's and insurance information

02

Take pictures, report any injuries and call police if needed

03

Head to our chiropractic facility and we can help your injuries and refer you to a lawyer

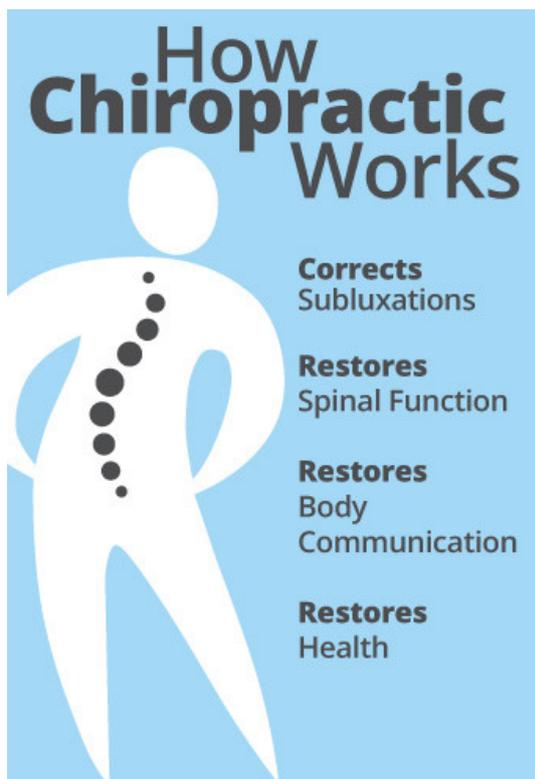
What's new with Phoenix Rising Wellness Center?

Summer is coming and we want you to have fun but keep your health in mind at all times. Whether you have an old injury or your body just isn't feeling right, come in and we can help you!

We have Wellness Packages! Wellness Packages are discounted visits that includes adjustments and treatments based on your needs. We have a package of either 4, 8, or 12 visits, and will work with your schedule to get you in at your convenience. The first visit will include an examination from Dr. Cordis and she will determine the type of treatments you need.

Refer a friend and get a \$25 in-office credit to our products that we carry!

Starting July 1st, we will be implementing new changes to our office. We will keep you up to date with the changes we made and we thank you for your business.



"Life is the expression of tone. In that sentence is the basic principle of Chiropractic."
- D.D. Palmer, Founder of Chiropractic

Meet our Chiropractor: Dr. Shamika Cordis!

Dr. Shamika Cordis is a local chiropractor and has been practicing since 2011. After receiving her Doctor of Chiropractic degree, she decided to open her own clinic here in Olympia, WA. Her clinic offers chiropractic services as well as animal chiropractic services. She is a dedicated doctor who is involved in her community and devotes her time to those in need.

In her free time, Dr. Cordis enjoys a variety of sports and physical activities such as kickball and hiking. Learning to cook various dishes from around the world is also a preferred past time, which is relative to her love of traveling within her mainland and abroad.

www.phoenixrisingwc.com

"Chiropractic is not designed to make you instantly *feel better*, it is designed to make you instantly *heal better*."

Meet our Naturopathic Physician, Dr. Thomas Griffith!

What is naturopathic medicine? Naturopathic medicine is a distinct primary health care profession, emphasizing prevention, treatment, and optimal health through the use of therapeutic methods and substances that encourage individuals' inherent self-healing process.

Dr. Thomas Griffith is a graduate of the National University of Naturopathic Medicine in Portland, Oregon. He has been practicing naturopathic medicine for many years and as a survivor of stage 3 colon cancer, he strives to cultivate more humanity in his interactions with patients.

For more information, please visit Dr. Griffith's site:

<https://www.docgriffith.com/>

What treatments do we offer?

Dr. Cordis specializes in holistic care and treating the individual from a whole body perspective. Her techniques includes manual and instrument assistant adjusting which helps the body heal naturally.

What is Insight Subluxation? Insight Subluxation is a technology we use which helps us analyze any abnormal activities surrounding your spine.

What is thermal scan? Thermal scan can show the doctor where you might be having problems in your spine and nervous system. It can show the weak points of the spine and will give us an accurate reading on how to start fixing it.

