

DECEMBER 2018 NEWSLETTER

Staff Spotlight Words from Michelle Helder

Before starting work with CLC in late July, I was volunteering at the Silverdale YMCA. In all my days I would have never thought my volunteer work would turn into an opportunity to teach group fitness classes for our senior population. But that's what happened! I am now certified to teach 2 different classes: Low Impact Strength and Enhanced Fitness. You will find me there on Mondays doing my thing. I am so blessed to be serving our community this way and truly enjoy helping folks on their pathway to health. Wait...where have I heard that before? You got it, Chiropractic Lifestyle Center where health and healing are our primary focus. Here's to *your* health and much joy in the New Year! --Michelle



Words from Andrea Neaves

Last month, our brand new baby girl turned into a happy, fearless one year old. Periods of sleep deprivation have become our new normal, but so has hearing her giggle while petting our very patient 'goga' (dog).

As an infant, each new skill she learned was followed by some time for us to adapt to it. We rearranged the living room countless times as she learned to roll, then sit, then crawl. In the past few weeks, she's been learning to do new things on an almost daily basis, including taking steps, and clapping.

There's another notable difference between raising a baby and a toddler. During her first year, our only job was to make sure her basic needs were met. Now begins a phase in which we have to decide how to help mold her world view, until she's old enough to do so on her own. This will be even more so as she learns to speak and communicate.



This past year, we wanted to give Clara a variety of fun experiences, knowing very well she wouldn't remember any of it. Our hope is that by surrounding her with scenery from hikes, pets and zoo animals, friends, toys, stores, and jungle gyms, we've set a foundation for curiosity, resiliently, and a desire for adventure. May 2019 bring the same for you. --Andrea

In The Media

How Can I Create a Compelling Future? Robbins Research International

How do you go about setting goals? How often do you achieve your objectives? If you're having trouble following through after completing your goal-setting process, it's tempting to just stop trying to make any changes. People say things like "Maybe this is just it," or "I should settle for what I have." But frequently what's getting in the way of achievement is the actual goal. If your goal is "lose weight," well, how do you know when you're done? When you've lost 1 pound? 5? 40? Without a clear target, it's difficult to know when you've hit your mark. That's precisely the reason why it's crucial to set clear goals.

Setting life goals is the fundamental key to success. Goals let us create our future in advance of it actually happening. Setting goals helps us grow and expand, pushing ourselves to transform in ways that, just maybe, we never imagined. We're willing to bet if you're reading this page you've set a goal or two in your life, but did you see them through?

Are you setting goals effectively? Will your goals transform your life in the ways you want? Many times people think they understand how to set goals, but then they never quite achieve what they were after. One common reason is that their goals aren't compelling or inspiring.

You're much more likely to put time and energy into something that excites you, so your goals should reflect that same level of momentum. We're talking goal-setting that makes you leap out of bed in the morning ready to go. Think of a goal as a dream with a deadline. So how do you create a compelling goal?

Community Events

Donations

Donation drives are going strong! Choose a tag from our Giving Tree and bring back the item listed on the tag. We are supporting **Kidzz Helping Kidzz, Eastside Baby Corner, and Kitsap Rescue Mission.** Bring your items in by December 10th so we can deliver them in time for the Christmas holiday.

Yoga Class

We warmly welcome **Aly Anderson, RYT** back to yoga teaching at **The Movement Studio!** She will lead a Yin Yoga class on Wednesdays from 6:00-7:00pm beginning January 9th. Register from our website on the Yoga tab via PayPal or by calling the office. www.clc4health.com

Gratitude Corner

Here are some of the gratitude tags hanging in the office.

"I'm thankful for..."

- ...happiness, smiles, laughter, friends, and family."
- ...all the love felt here at CLC."
- ...all the many amazing people who work at CLC."
- ...my son, our new home, and getting better health."
- ...the loving community we live in!"
- ...baby giggles."
- ...the people and holistic focus of CLC."
- ...a good brat!"

Post-it-Notes

- *HAPPY HOLIDAYS!** We will be closed **Dec. 24, 25, 31, and Jan. 1st.**
- *We are supporting SHOP LOCAL!** Browse our gift table and store for healthy, useful and fun ideas. Stocking stuffers, too! On Fridays we'll provide hot tea and snacks while you shop! Also we'll have holiday card making supplies for the kids!



- *Photography note cards and 8 x 10 framed prints available by Kevin Simans Photography.**
- *Karma Cards available!** Good for one FREE yoga class (new students only) Ask your instructor or front desk staff member for a card.
- *Start the new year with Pilates Barre Class** (without the barre!) New 4 week series: Saturdays, Jan. 12-Feb.2 8:30-9:30am. No pilates or dance experience needed. Find the event on Facebook. <https://www.facebook.com/events/289771968410>



- *Massage rate increase begins January 2, 2019.** Cash sessions will be \$80 for one hour, \$45 for ½ hour. Purchase unlimited one-hour massage gift certificates for those you love, including yourself for just \$75 each. Our sale will continue through the end of 2018. You can purchase as many visits as you like at the \$75 price and redeem them for \$80 sessions in 2019!
- *New insurance in 2019?** Transitioning to Medicare? Please let your admin staff know about any upcoming insurance changes.
- *December monthly focus topic at CLC: Goal Setting and Action Steps. 2 key questions -** What do you want? Why do you want to achieve this goal?



Ponder this... In winter I plot and plan. In Spring, I move.
-Henry Rollins