



Honoring Moms & Moms-to-Be

Motherhood is powerful, beautiful—and often physically demanding. Whether you're expecting, newly postpartum, or deep in the motherhood journey, your body deserves support.

At our office, we're here to help:

- Ease tension during pregnancy
- Support smoother postpartum recovery
- Help babies thrive from the very beginning

This month, we're celebrating YOU—the moms, the soon-to-be moms, and the women holding it all together.

🌸 Special in-office touches all month long:

- Flowers for moms at their appointments
- A special Mother's Day offer for new patients



A Note from the Office

We believe care goes beyond pain relief—it's about helping you show up fully for your life and your family.

If you've been thinking about starting care—or restarting—this is your sign. Especially for our moms and moms-to-be, the earlier we support your nervous system, the better the outcomes for both you and your baby.





Patient Spotlight

WHY WE LOVE WHAT WE DO 🧡

MEET JENNI!



Between chasing her 2-year-old and preparing for baby number two, Jenni is also the heart behind the lens—capturing meaningful moments for families through her photography.

Jenni came to us with sciatica, a result from pregnancy. Through consistent care, we've seen:

- Reduced pain
- Better sleep
- Decreased stress

What we love most? "I can play with my 2 year old AND be pregnant at the same time"

🌟 We're so proud to be part of your journey!

We love celebrating wins in our office—big and small.

Where You'll Find Us This Month



Spring into Wellness

MAY 8 6PM-8PM

📍 Select Physical Therapy Kempersriver

Join us for a collaborative wellness event focused on movement, recovery, and proactive care. Come by, say hi, and learn how chiropractic supports your active lifestyle!



Motherhood in Motion

MAY 27 10AM-1PM

📍 Woodstock Park in VB

👉 In collaboration with The Shared Motherhood & The Hampton Roads Project

This event is all about supporting moms and building community 🤍

🌟 All proceeds will go to Samaritan House, helping individuals and families in need.

Bring a friend, bring your kids, and come connect with an amazing group of local moms!

Stay Connected!

- FOLLOW US ON SOCIAL FOR UPDATES, EDUCATION & BEHIND-THE-SCENES MOMENTS
- REPLY TO THIS EMAIL WITH ANY QUESTIONS—WE'RE ALWAYS HERE FOR YOU
- READY TO BOOK? LET'S GET YOU ON THE SCHEDULE 🤍