

***NEW for 2016***



***INDIVIDUALIZED***

# ***Wellness & Fitness***

- Balance & Fall Prevention
- Computerized Wii Fitness
- Cardio on Treadmill or Mini-Tramp
- Strengthening with Resistance Bands, Weights & Gym Balls
- Total Gym Slant Board
- Stationary Bicycle
- Vibration Platform
- Yoga, Pilates & Exercise Videos
- Limited Use of Therapy Pool



*Initial evaluation, plan, chiropractic treatment and four exercise sessions in first month — just \$55*

*Additional exercise sessions beyond four per month — just \$5 each — Therapy pool \$5 extra per session*

*Subsequent monthly re-evaluation, plan revision, chiropractic treatment and four exercise sessions — just \$45*

*Special discount in January & February — 20% off 1st month or 50% off 1st month if paid in advance for 5 months*

**Dr. Rick Allen's Cascade Wellness Clinic**

**663 Sunnyside Road, Trout Lake WA 98650    [www.CascadeWellnessClinic.com](http://www.CascadeWellnessClinic.com)**

***By appointment — Call 509-395-0024***