

Learn What Doctors Know and Rely On For Their Families

FAMILY



Chesterfield schedules back-to-school gatherings

Chesterfield County Public Schools has scheduled back-to-school gatherings so parents can meet teachers and hear about activities for the 2007-08 school year. Here is a complete list:

ELEMENTARY SCHOOLS

- Bellwood Elementary*
Grade K at 6 p.m. Aug. 30
Grades 1-5 at 7 p.m. Aug. 30
- Bensley Elementary*
Grades K-5 at 6:30 p.m. Sept. 27
- Beulah Elementary*
Grade K at 10 a.m. Aug. 31
Grades 1-2 at 6:30 p.m. Aug. 30
Grades 3-5 at 6:30 p.m. Aug. 31
- Bon Air Elementary*
Grades K-2 at 7 p.m. Sept. 18
Grades 3-5 at 7 p.m. Sept. 25
- Chalkley Elementary*
Grades K-2 at 7 p.m. Sept. 18
Grades 3-5 at 7 p.m. Sept. 11
- Clover Hill Elementary*
Grade K at 6:30 p.m. Sept. 6
Grade 1 at 7:30 p.m. Sept. 6
Grade 2 at 6:30 p.m. Sept. 11
Grade 3 at 7:30 p.m. Sept. 11
Grade 4 at 6:30 p.m. Sept. 18
Grade 5 at 7:30 p.m. Sept. 18
- Crenshaw Elementary*
Grade K at 9 a.m. Aug. 30
Grade 1 at 6:30 p.m. Aug. 30
Grades 2-3 at 6:30 p.m. Aug. 29
- Crestwood Elementary*
Grades K-2 at 6:30 p.m. Sept. 25
Grades 3-5 at 6:30 p.m. Sept. 18
- Curtis Elementary*
Grades K-5 at 7 p.m. Sept. 18
- Davis Elementary*
Grade K at 10 a.m. Aug. 30
Grades 1-2 at 6:30 p.m. Aug. 30
Grades 3-5 at 6:30 p.m. Aug. 29
- Ecoff Elementary*
Grade K at 10 a.m. Aug. 30 (orientation)
Grades 1-2 at 7 p.m. Sept. 12
Grades 3-5 at 7 p.m. Sept. 11
- Enon Elementary*
Grades K-2 at 7 p.m. Sept. 25
Grades 3-5 at 7 p.m. Sept. 18
- Ettrick Elementary*
Grades K-5 at 6:30 p.m. Sept. 11
- Evergreen Elementary*
Grades K-2 at 7 p.m. Sept. 25
Grades 3-5 at 7 p.m. Sept. 18
- Falling Creek Elementary*
Grades K-5 at 7 p.m. Sept. 11
- Gates Elementary*
Grades K-1 at 6 p.m. Sept. 18
Grades 2-3 at 6 p.m. Sept. 19
Grades 4-5 at 6 p.m. Sept. 20
- Gordon Elementary*
Grade K at 9 a.m. Aug. 31
Grades 1-5 at 6:30 p.m. Aug. 30
- Grange Hall Elementary*
Grades K-1 at 7 p.m. Sept. 19
Grades 2-3 at 7 p.m. Sept. 18
Grades 4-5 at 7 p.m. Sept. 11
- Greenfield Elementary*
Grades K-2 at 7 p.m. Sept. 25
Grades 3-5 at 7 p.m. Sept. 18
- Harrowgate Elementary*
Grades K-2 at 7 p.m. Sept. 25
Grades 3-5 at 7 p.m. Sept. 18
- Hening Elementary*
Grades K-2 at 7 p.m. Sept. 18
Grades 3-5 at 7 p.m. Sept. 20
- Hopkins Elementary*

- Grades K-5 at 7 p.m. Sept. 18
 - Jacobs Road Elementary*
Grades K and 2 at 7 p.m. Sept. 25
Grades 1 and 4 at 7 p.m. Sept. 18
Grades 3 and 5 at 7 p.m. Sept. 11
 - M. Christian Elementary*
Grade K at 9 a.m. Aug. 31 (orientation)
Grades 1-2 at 4 p.m. Aug. 30
Grades 3-5 at 5:30 p.m. Aug. 30
 - Matoaca Elementary*
Grade K at 10 a.m. Aug. 30
Grade 1 at 12:30 p.m. Aug. 30
Grades 2-3 at 3:30 p.m. Aug. 30
Grades 4-5 at 5:30 p.m. Aug. 30
 - Providence Elementary*
Grade K at 10 a.m. Aug. 31
Grades 1-2 at 7 p.m. Sept. 18
Grades 3-5 at 7 p.m. Sept. 11
 - Reams Elementary*
Grade K at 5:30 p.m. Aug. 30
Grades 1-5 at 7 p.m. Aug. 30
 - Robious Elementary*
Grades K-2 at 7 p.m. Sept. 25
Grades 3-5 at 7 p.m. Sept. 18
 - Salem Elementary*
Grades K-5 at 7 p.m. Sept. 18
 - Elizabeth Scott Elementary*
Grade K at 10 a.m. Aug. 30
Grade 1 at noon Aug. 30
Grade 2 at 2 p.m. Aug. 30
Grades 3-5 at 1 p.m. Aug. 31
 - Alberta Smith Elementary*
Grades K-1 at 6:30 p.m. Sept. 25
Grades 2-3 at 6:30 p.m. Sept. 19
Grades 4-5 at 6:30 p.m. Sept. 18
 - Spring Run Elementary*
Grade K at 6:30 p.m. Oct. 16
Grades 1-3 at 6:30 p.m. Sept. 11
Grades 4-5 at 6:30 p.m. Sept. 10
 - Swift Creek Elementary*
Grades K-1 at 6:30 p.m. Sept. 25
Grades 2-3 at 6:30 p.m. Sept. 11
Grades 4-5 at 6:30 p.m. Sept. 18
 - Watkins Elementary*
Grades K-2 at 7 p.m. Sept. 19
Grades 3-5 at 7 p.m. Sept. 26
 - Bettie Weaver Elementary*
Grade K and 3 at 7 p.m. Sept. 25
Grades 1-2 at 7 p.m. Sept. 18
Grades 4-5 at 7 p.m. Sept. 11
 - Wells Elementary*
Grade K at 9 a.m. Aug. 30
Grades 1-2 at 4 p.m. Aug. 30
Grades 3-5 at 4:45 p.m. Aug. 30
 - Winterpock Elementary*
Grades K-2 at 7 p.m. Sept. 18
Grades 3-5 at 7 p.m. Sept. 17
 - Woolridge Elementary*
Grades K and 2 at 7 p.m. Sept. 25
Grades 1 and 5 at 7 p.m. Sept. 11
Grades 3-4 at 7 p.m. Sept. 18
- ### MIDDLE SCHOOLS
- Bailey Bridge Middle*
Grade 6 at 7 p.m. Sept. 6
Grades 7-8 at 7 p.m. Sept. 13
 - Carver Middle*
Grade 6 at 7 p.m. Sept. 6
Grades 7-8 at 7 p.m. Sept. 20
 - Chester Middle*
Grade 6 at 7 p.m. Sept. 13
Grades 7-8 at 7 p.m. Sept. 6
 - Falling Creek Middle*
Grades 6-8 at 7 p.m. Sept. 20
 - Manchester Middle*

Recovering from illnesses and staying healthy is just as important for doctors and their families as it is for those they serve. Learning about what they know and what they do can give you the confidence you and your family need to make the best decision. Find out the truth first, then take care of your life by getting control of your health once and for all.

drugs into their bodies and hope for the best. **Unfortunately, medications usually just mask the problem** while the original stress continues to produce negative results within the body. Now, you know the truth and can begin considering a brand-new approach to the way you see your body recovering and healing. Here's what else they know that most other people don't...

Key #1: Stress Enters the Body Through the Path of Least Resistance



For both children and adults alike, **the nerve system is the master control system of the body.** Some seventy trillion cells that make up the human being are under the direct control of your nerve system. When stress affects your nerve system, it can lead to virtually any kind of breakdown, anywhere in your body. In other words, **healthy nerve system equals healthy body.** And, equally important, unhealthy nerve system equals unhealthy body. When the nerve system is attacked by stress, it interrupts the master control system's ability to transmit wellness messages throughout the body. But how do you know if your nerve system is experiencing abnormal stress?

Key #2: Posture is the Window to Your Future Because it's the Window to Your Health

When the body begins to experience abnormal functions like headaches, leg pain, numbness and tingling, doctors know to look first at the nerve system for the answer. Posture is the window to your spine, which houses your nerve system. Put simply, if your nerve system is stressed, so is your spine and your posture. A careful evaluation of your spine could reveal the exact coordinates of where nerve supply may be "trapped" or interrupted due to stress or trauma.

Let me introduce myself. My name is Dr. Jeff Martin, and my purpose in practice is to educate and adjust the families of Midlothian back to optimal health and wellness using a completely unique and natural approach.

Tens of thousands of chiropractors, osteopaths and medical doctors understand this principle and apply it successfully to their own families. So, what does everybody else do? They throw

Key #3: Health Returns in Your Body Through the Path of Least Resistance

When your spine and nervous system experience abnormal stress (this condition is known as subluxation), a series of safe, gentle and painless adjustments can restore extraordinary healing capabilities to the body. Professional athletes know this and use it to their advantage on a regular basis. The best kept health secret in

the world has finally been unveiled for everyone to use for themselves.

If you or a loved one is suffering needlessly, you have another choice. You can make the decision that millions of people around the world and many here in Midlothian are making every month. It all begins with a thorough history and consultation, including a complete spinal exam, vital nerve testing and specific weight-bearing x-rays. Normally, this evaluation would cost \$250. However, through this special offer, you can **receive this complete evaluation for just \$45.**

Because of the response expected from this incredible opportunity, **we can only guarantee availability for the first 20 people who call and schedule an appointment in the next 2 weeks.** Don't wait to call us before spreading the word to another family member or friend who may be ready to take advantage of such a generous offer. **Call 804-744-2211 today!** We are located at 11156 Hull Street, in the Genito Crossing Shopping Center in Midlothian, Virginia.

We look forward to helping you back to health!

Sign-up for our free Half-Hour to Health Workshop on Tuesdays!

(804) 744-2211



Genito Crossing Shopping Center in Midlothian, VA
www.martin-chiropractic.com