

CWC CONNECTION

WWW.RAPPWELLNESS.COM



October 2024



October is Ergonomics Month

The goal of ergonomics is to minimize fatigue, discomfort, injury and emotional stress by having a well-designed workspace. Often associated with office work, ergonomics can include proper computer monitor positioning, but can also include lifting heavy objects appropriately. Our website has a whole section dedicated to ergonomics in our Education Center to help patients work comfortably. However, even the most ergonomically correct environment will not prevent repetitive stress injuries if the body is simply overworked.

See more on our website:

<https://www.rappwellness.com/education-center/ergonomics>

Visit us on social media



Call to schedule your
appointment
785-827-7779

01/02



Oil of The Month

Our Oil of the Month for October is the appropriately-named Raven, a blend of ravintsara, eucalyptus radiata, lemon, peppermint, and wintergreen which combine for a refreshing breathing experience.

The oil can be applied topically to the chest or throat for a cooling sensation, or diffused to promote deeper breathing.

\$53 for a 15mL bottle

Dr. Dalton's Blog

Why Ergonomics Matter for Your Spine

Chronic pain and disease not only takes a physical toll but also a mental toll on many individuals in the United States and recently in an article from the World Federation of Chiropractic they outlined the importance of comprehensive care for these individuals. This simply means they have a team of providers that work hand in hand to help manage symptoms and also prevent future symptoms from occurring. Current health care spaces are working to incorporate chiropractic care into this paradigm of healthcare for healthy aging, opioid misuse, and women/children/adolescent health. Everyone wins!

Read more on our website:
<https://www.rappwellness.com/blog>

Halloween Activity Sheets



If you have little ones coming with you on your visit to the doctor, ask our front desk about our free Halloween coloring and activity pages!

We have a wide variety appropriate for all ages including word searches and connect the dots. We will also display any coloring pages done this month in our office!

02/02