



**TYJESKI FAMILY
CHIROPRACTIC
& WELLNESS CENTER**

February Newsletter

Your Body's Garbage Disposal
February 21 at 5:30 PM
Beaver Dam Location



Please join us for our February class!

Dr. Stephanie will be discussing toxins in the body. Toxins are defined as poisons, venoms or chemicals that are found in the environment that are harmful to the body. We encounter them in everyday life. Luckily, we have a "garbage disposal": The lymphatic system!

This class will go over the lymphatic system and how to keep it healthy. Some ways to do this include exercise, drinking water, eating healthy food, and doing a detox.

Please join us for this engaging class! There will be time for questions!

Dr. Stephanie graduated in December 2016 with her Doctorate in Chiropractic at Logan University. She continued on at Logan University to receive her Masters in Nutrition and Human Performance. She is also certified as a Digestive Health Profession through the Loomis Enzyme Institute. She currently works at Tyjeski Family Chiropractic and Wellness Center.

[Read Dr. Stephanie's Article](#)

March Detox Program **Introductory Class** **February 28 at 5:30PM**



This year we will be running our 28 day detox in March. You can do a detox anytime, but if you would like to be part of a group, we would love to have you join us. We will have classes at our Beaver Dam location for about 4 weeks to learn about the detox process and to offer support to each other.

If you are interested and would like to sign up or have questions please join us at our introduction class on **Tuesday February 28 at 5:30pm**. Call the office at (920) 885-3020 with any questions or to reserve your spot. As a group, the Detox will start on March 7 and run for 28 days.

January Recap

Zerona Open House



On January 10, we hosted a Zerona open House! Participants had the opportunity to learn more about this fat loss laser from Zerona Representative Greg Mermigas. It was a great night filled with interesting information and conversation!

If you would like to learn more about Zerona, visit our web page!

[Zerona Web Page](#)

Watertown Bridal Fair



Dr. Stephanie and Dr. Josh had a booth at the Watertown Bridal Fair on January 28 to promote Zerona. Check out their awesome booth! Thanks to everyone who stopped by.

Join Dr. Stephanie at St. Paul's Church Camp!



**Where: Lake Lucerne Retreat Center in
Wautoma, WI**
**When: Sunday, July 23rd - Friday, July 28th
2023**

Are you looking for some fun and excitement for the kids this summer? Have them join Dr. Stephanie at St. Paul's Church camp!

Started in 1977, St. Paul's Church Camp's mission is to provide a Christian experience for all youth (beginning with 3rd grade) regardless of race, church affiliation or financial standing. All camp-goers will participate in activities that are great for the mind, body, and soul!

Dr. Stephanie was a camper here and has been a long-time camp counselor! Her mother, Yvonne Chojnacki, is a co-director at St. Paul's Church Camp.

[Learn More](#)

[Donate](#)

Archie and Ollie Updates



Lesson Learned during the holidays. Archie and Ollie are not a fan of their ugly Christmas sweaters!

If you have any further questions, please let us know!
[Visit our Website](#)

Contact either one of our locations!

Beaver Dam

119 E. Mackie Street, Beaver Dam, Wisconsin 53916
(920) 885-3020

Watertown

303 S. First Street, Watertown, WI 53094
(920) 261-0855

STAY CONNECTED

