



TYJESKI FAMILY
CHIROPRACTIC
& WELLNESS CENTER

December Newsletter



Wishing You a Healthy & Happy Holiday Season from Tyjeski Family Chiropractic!

The holiday season is here, which is a time for cozy gatherings, twinkling lights, and joyful moments with the ones we love. As the year comes to a close, all of us at Tyjeski Family Chiropractic want to take a moment to say thank you for being part of our chiropractic family.

This season often brings extra hustle and bustle. Like hanging decorations, wrapping gifts, long car rides, and marathon baking sessions. Remember to listen to your body, stretch often, and keep your spine happy through it all! A quick adjustment can go a long way in helping you stay comfortable, balanced, and full of holiday cheer.

As we reflect on the year gone by, we're filled with gratitude for your trust and support. You make our work meaningful, and we look forward to helping you step into the new year feeling aligned, refreshed, and ready for all that 2026 will bring.

Holiday Hours



Tyjeski Family Chiropractic will be closed December 24th and 25th in observance of Christmas, as well as December 31st and January 1st in observance of New Year's.

Best Year Yet Series **Quieting the Fire Within: How Inflammation** **Shapes Your Health** **December 16th at 5:30 PM** **Beaver Dam Location**



In this month's class Dr. Josh and Stephanie will talk about inflammation and how it effects our body and ways we can reduce it. Dr. Josh is certified in Dr. Seaman's Deflame Diet Protocols, so he will be leading the class.

Inflammation is one of the body's most powerful survival tools. When you scrape your knee, catch a cold, or fight off an infection, inflammation rushes in like an emergency response team—redness, swelling, heat, and all. In its acute form, this process is essential.

But when the body's inflammatory "alarm system" never fully turns off, the once-protective flame becomes a slow-burning fire that spreads quietly through your tissues, joints, blood vessels, and even your brain.

Please arrive at 5pm to do your InBody scan. People attending the class have the opportunity to learn what percentages of fat, muscle, and water make up their body weight. Those results come directly to your phone so you can track progress toward your goals! Ask any of the staff for more information about InBody scans!

To read Dr. Stephanie's full article on this month's class, click the link below.

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 Professional through the Loomis Enzyme Institute. She currently works at Tyjeski Family Chiropractic and Wellness Center.

[Dr. Stephanie's Article](#)

Be on The Lookout - New Year, New Theme!



The new year is fast approaching and that means a new line up of monthly classes for 2026! Keep an eye on your email and Facebook for our 2026 schedule that will come out soon.

Sign Up For our Detox Program Before it's too Late!

SP Detox Balance™ Program

Your guide to whole-body detoxification



Join us for our Standard Process Detox Program starting January 1st! This is your chance to boost your energy, improve digestion, and kickstart a healthier lifestyle with amazing group support.

The sign up deadline is December 16th, so call our Beaver Dam office to sign up!

To learn more about Standard Process products, click the link below.

[Standard Process](#)

Sleigh Your Holiday Look with Zerona!

DON'T WAIT ON SANTA

**Give yourself the gift
of Zerona® Z6!**

- Non-surgical lipo alternative
- Backed by 22 FDA clearances
- Visible results in just a few weeks

ZERONA^{z6}
Empowering Beauty

The holidays are here and so are the parties, photos, and sparkling outfits! Feel confident and camera-ready with Zerona Fat Loss Lasers, the non-invasive way to trim stubborn fat and reveal your best shape.

No surgery or downtime, just visible results in as little as two weeks!

Give yourself the gift of confidence this season. You've worked hard all year! Now it's time to shine.

Book your Zerona sessions today and step into the New Year feeling lighter, brighter, and full of cheer!

Call The office or click the button below to learn more!

[Zerona Information](#)

Chiropractic Canines



Archie and Rosie recently enjoyed a well deserved day off. It's important to take a break from hard work once in a while!

[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





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