



TYJESKI FAMILY
CHIROPRACTIC
& WELLNESS CENTER

January Newsletter



As we welcome a brand new year, it's the perfect time to reset, refocus, and recommit to your health. The New Year isn't just about resolutions; it's about creating habits that support how you want to feel every day. At Tyjeski Family Chiropractic, we're excited to continue partnering with you and your family to build a strong, healthy foundation for the year ahead. A great way to kick off the new year is to join us for our monthly class, the first one of our "Health that Sticks in 2026" series!

Whether your goal is less pain, more energy, better mobility, weight loss, or overall wellness, we're here to support you every step of the way in 2026.

2026 Class Schedule



Health That Sticks in 2026



- **January 20th -- Foundations**

Progress, Not Perfection: Building Sustainable Healthy Habits

- **February 17th -- Mental Health**

Stress, Burnout & Nervous System Reset

- **March 17th - Movement**

Strength for Life: Training for Longevity & Daily Function

- **April 21th -- Nutrition Basics**

Food as Fuel: Eating for Energy, Not the Scale

- **May 19th -- Sleep**

Sleep Is Medicine: How to Rest, Recover & Reset

- **June 16th -- Mobility & Recovery**

Move Better, Feel Better: Mobility, Flexibility & Joint Health

- **July 21st -- Anti-inflammatory Lifestyle**

Environment, Community & Lifestyle: Hidden Drivers of Health

- **August 18th -- Mental Fitness**

Mental Fitness Training: Focus, Resilience & Emotional Health

- **September 15th -- Gut Health**

Gut Health & Metabolism: The Inside-Out Approach

- **October 20th -- Longevity**

Healthy Aging Starts Now: Strength, Balance & Brain Health

- **November 17th -- Detox**

Detox the Right Way: Clean Habits, Clear Energy

- **December 15th -- Integration**

Reflect, Reset & Rebuild: Designing Your 2027 Wellness Plan

All Classes start at 5:30pm at our Beaver Dam location!

Mark your calendar! We have our Monthly class topics picked for the whole year! Share our FREE classes with your friends, family, and neighbors!

Health that Sticks in 2026
A Strong Foundation for a Healthier New Year
January 20th at 5:30 PM
Beaver Dam Location



In this month's class Dr. Stephanie will be going over the foundations of our spine and nervous system.

Every January brings a familiar promise: This is the year I take better care of myself. We clean out pantries, dust off walking shoes, and vow to finally put our health first. But lasting change rarely comes from quick fixes. Just like a home, your health depends on something far more important than what's visible on the surface—it depends on a strong foundation.

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

[Dr. Stephanie's Article](#)

New Year, New Goals, New You!

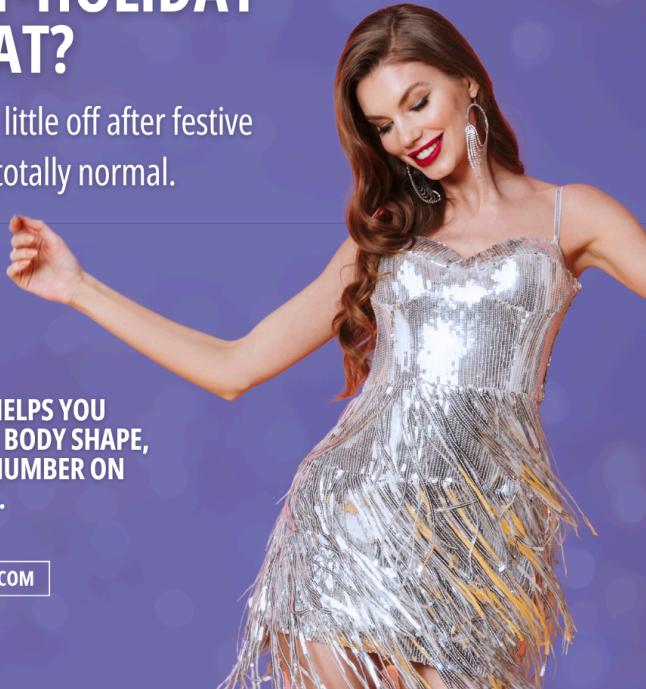


POST-HOLIDAY BLOAT?

Feeling a little off after festive meals is totally normal.

ZERONA HELPS YOU
FOCUS ON BODY SHAPE,
NOT THE NUMBER ON
THE SCALE.

MYZERONA.COM



New year, new resolutions! If shredding stubborn fat is at the top of your list, we're here to help you start strong.

Zerona Fat Loss Laser is a safe, non-invasive way to target those problem areas that diet and exercise just won't budge. No surgery, no downtime, just a smarter way to slim down and feel confident.

- Comfortable, quick treatments
- Targets stubborn fat
- Results you could see in as little as two weeks

This year, don't just set a resolution, stick to it too. Kick off 2026 feeling lighter, stronger, and more confident than ever.

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

[Zerona Information](#)

[Visit our Website](#)

Contact either one of our locations!

Beaver Dam

119 E. Mackie Street, Beaver Dam, Wisconsin 53916
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Watertown

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STAY CONNECTED



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