

Call Us Today  
for a **FREE**  
Consultation

**712-256-2561**

PRAIRIELANDS CHIROPRACTIC CLINIC

OFFERS GENTLE, PERSONALIZED CARE FOR  
INDIVIDUALS SUFFERING FROM WORK,  
AUTOMOBILE, SPORTS OR PERSONAL INJURIES.

ankle

**Shoulder** Neck

Back

Head

Feet

*Hands*

wrist

# Sports Care



Chiropractic Clinic



Ensure the well-being  
of your **BODY.**

ALIGN

RELIEF

Comfort

Flexible

**SUPPORT**



**712-256-2561**

Dr. Tonweya Langille, D.C.

Has been established  
as one of the very best  
in Council Bluffs  
through corporate and  
group lectures,  
community wellness  
programs, excellent  
reputation and great  
individual results.



NEW PATIENTS WELCOME

MOST INSURANCE PLANS ACCEPTED  
SAME DAY APPOINTMENTS  
CONVENIENT CLINIC HOURS

ON-LINE SCHEDULING AVAILABLE

**Prairielsands  
Chiropractic Clinic**

300 West Broadway, Suite 712  
Council Bluffs, IA 51503

[www.PrairielsandsChiropractic.com](http://www.PrairielsandsChiropractic.com)

# Wellness Classes

## Gentle Therapeutic Yoga:

A calming, therapeutic class that introduces postures, alignment, breathing and relaxing techniques, gradually building flexibility and strength, toning the organ systems, strengthening the immune system and balancing the nervous system, bringing balance, awareness and a sense of well being.

## Martial Arts:

"Old Style" martial arts taught with focus on application of techniques and principles in the "real" world. Without training for sports competition.

## Restorative Yoga:

A sequence to relieve fatigue and stress, promote well being, and bring healing balance into your life. Restful yoga for stressful times.

## Tai Chi:

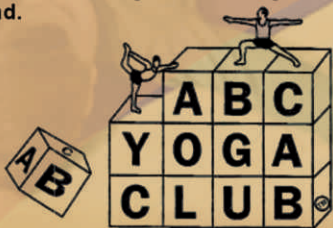
The ancient art of Tai Chi uses gentle flowing movements to reduce the stress of today's busy lifestyles and improve health.

## Kid's Yoga, Dance and Movement:

18 months to 5 years old. Physical play joins creativity. Fly like a bird, roar like a lion, stand tall like a tree. Helps build body awareness, confidence, self control, flexibility, coordination and balance.

## Kid's Yoga K- 5<sup>th</sup> Grade:

Yoga postures with guided visualization and breathwork that help build strength and self-esteem. Teaches test taking skills such as concentrating and calming one's body and mind.



www.abcYogaClub.org  
"Yoga is fun!"

# Your Chiropractic Help

Chiropractic doctors practice natural, drugless, non-invasive health care and rely on the body's ability to self-heal. Sounds ideal, but just how does it work?

We look at the whole picture.

Like other health-care providers, we follow a standard routine to gain information about the patient. We consult, review the case history, conduct a physical examination, and we may request laboratory analysis and/or x-rays. Unlike other health-care providers, however, chiropractic physicians also conduct a careful analysis of the patient's structure and pay particular attention to the spine. We also ask you about your life— Do you eat well? Exercise at all? How do you deal with stress? Do you have children? What do you do for work? And so on. We seek the origin of the problem.

Using this information, a diagnosis is made. Included in the diagnosis is the probable reason for your pain or discomfort.



It is important to note that chiropractors seek the origin of the illness in order to eliminate it, not simply treat the symptoms. If your roof is leaking, do you simply catch the drips in a bucket for years on end, or do you repair the roof to prevent it from leaking? Similarly, if the migraine headache you've had all week is being caused by misaligned vertebra and an irritated nerve, do you continue to take pain killers indefinitely, or do you realign the vertebra to prevent the pain? You get the picture.

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# Massages

## Swedish Massage:

This is the perfect massage to relieve the stress and tightness caused by your hectic life. Increases flexibility, stimulates circulation, promotes relaxation, and rejuvenates.

## Aromatherapy Massage:

A relaxing massage using aromatherapy and hot towels to leave your body and mind feeling rested.

## Warm Bamboo Massage:

Experience the luxury of warm, oiled bamboo sticks for an exotic, deeply relaxing full body experience.



## Hot Stone Massage:

By massaging with hands and the deep penetrating heat of smooth, basalt stones, tightness often caused by stress and tension is loosened.

## Pregnancy Massage:

Helps relieve the normal discomforts of pregnancy.

### Also Available:

Chair and Couples Massage  
Enhancement Add-Ons  
Massage Combinations  
Frequent Massage Club  
Gift Certificates  
On-line Scheduling