



# Upcoming EVENTS

Office will be closed on the following dates:

Wednesday July 1, 2026  
Friday July 31 - Sunday August 9, 2026

## YAH-HOO - Welcome to July

Have You Herd? It's COW Week! 🐮🤠

July has arrived, and around Calgary that means cowboy boots, mini donuts, rodeos, concerts, and enough walking to make your feet question all your life choices.

While you're busy enjoying Stampede season, your spine and nervous system are working overtime to keep up. Long days on your feet, extra driving, late nights, patio chairs, and line dancing can leave your body feeling less "Yee-Haw!" and more "Yeee-ouch!"

That's why we're celebrating COW Week (Chiropractic Opportunity Week) from **July 2-9 with complimentary exams for MOO-Patients.** It's the perfect opportunity for friends, family, coworkers, and fellow cowpokes to discover how a healthy spine and nervous system can help them move, feel, and function at their best.

So whether you're riding bulls, chasing kids, working hard, or simply trying to survive Stampede traffic, remember: **Don't let pain ride shotgun this summer.**

Have a fantastic Stampede, stay hydrated, and keep your spine ridin' smooth!

# CASH COW SAVINGS!

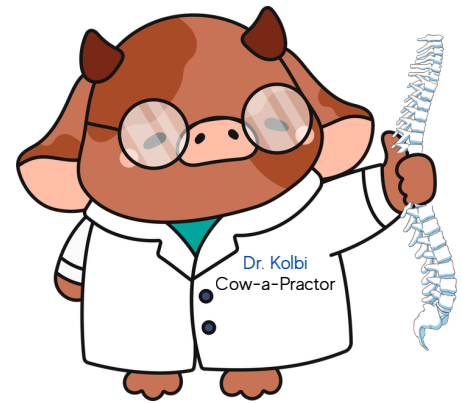


What do you call a cow who refuses to be milked?

A milk dud

Where do cows go when they want a night out?

To the MOOO-vies



Friend help friends save MOO-LAH with a MOO-Patient Spinal Moo-ological Examination Gift Certificate

# HAVE YOU HERD?

COMPLIMENTARY EXAMS JULY 2-9

**COW WEEK IS HERE!**





## Camping in the Wild:

### Where the Gophers Judge You

Camping sounds peaceful in theory. Fresh air. Nature. Campfires. Relaxation. Then reality arrives wearing hiking boots and carrying lower back pain.

You spend half the trip sleeping on what appears to be a tortilla wrapped around a tree root while tiny woodland creatures hold meetings outside your tent. Every zipper noise at 2 a.m. suddenly becomes, “That’s it. The gophers have organized.”

And somehow, camping always involves movements your body has not practiced since 2009:

- Lifting coolers like you’re competing in strongman competitions
- Twisting awkwardly to set up tents
- Sleeping in positions chiropractors refer to as “absolutely not”
- Squatting beside a fire for hours like a medieval villager

Why don't cows have any money?

Because farmers milk them dry!

### Then morning hits.

You crawl out of the tent making sounds usually associated with haunted houses while a suspicious squirrel watches you stretch like you’re recovering from a car accident.

### This is where brain-based chiropractic can help.

Your nervous system controls how your body adapts to movement, balance, coordination, posture, and stress. When communication between the brain and body isn’t functioning efficiently, activities like hiking, paddling, carrying gear, or even sleeping on uneven ground can feel much harder on the body.

Brain-based chiropractic focuses on improving that communication so your body can adapt and recover more efficiently. The goal isn’t just masking pain — it’s helping your nervous system handle life’s physical chaos better.

### Including camping.... Especially camping.

Because nothing humbles a person faster than throwing their back out while aggressively opening a folding chair.

And let’s be honest: if a family of gophers can move dirt all day without needing recovery time, your nervous system deserves a little support too.

So before your next wilderness adventure turns into a survival documentary called Middle-Aged Camper vs Lawn Chair, **get checked.**

## Know someone who could benefit from Brain-Based Chiropractic?

Let Brost Chiropractic help their brain and body reconnect for clarity, focus, and better function. Clear the fog and show up to life with all neurons firing!

## Office Hours

Monday 12:00 - 6:00

Tuesday 10:30 - 5:00

Wednesday 12:00 - 6:00

Thursday 10:30 - 6:00

# Hoofing It Through Stampede Week: Why Even Cows Need a Chiropractor 🐮👨🦰

Stampede Week is here — the week when Calgary transforms into a rodeo playground and humans attempt to out-hoof the cows in energy, endurance, and questionable dance moves. Between pancake breakfasts, midway adventures, and late-night line dancing, your body is suddenly the busiest cow in the pasture.

You might think only cows need check-ups, but during Stampede Week, humans start walking, standing, and “hoofing it” like they’re auditioning for the rodeo.

The result? Sore backs, stiff necks, cranky hips, and hamstrings that suddenly remembered they exist. And just like a cow that’s been out in the pasture too long, your nervous system can become overloaded, leaving your muscles tight, your coordination off, and your patience shorter than a rodeo bull’s attention span.

Brain-based chiropractic care helps your nervous system get back in line. By focusing on how your brain and spinal cord communicate with your muscles, joints, and ligaments, adjustments can improve movement, reduce tension, and help your body recover faster — making you ready for another day of Stampede chaos. Think of it as giving your nervous system a power nap... without actually missing the pancake breakfast.

Even cows seem to approve. In our Stampede-themed office, we’ve spotted tiny cow figurines sneaking into adjustment rooms — probably just curious, but maybe they know a good alignment when they see one. So, whether you’re hoofing it from rodeo to pancake breakfast, wrangling kids through carnival rides, or line dancing like your spine depends on it (because it does), a quick chiropractic visit can keep you upright, alert, and ready for the next rodeo challenge.

Remember: Stampede Week is fun, but your spine doesn’t have to take the ride alone. Give it some attention — it’s what keeps you and your nervous system moo-ving smoothly. 🐮🦴

IS YOUR  
**SPINE  
BUCKING  
YOU OFF?**

GET CHECKED  
BEFORE  
STAMPEDE  
STARTS!



7	1	9	5	6	2	4	8	3
2	8	4	7	3	1	5	6	9
3	5	6	8	9	4	1	7	2
8	9	1	6	7	5	3	2	4
5	6	2	9	4	3	8	1	7
4	3	7	1	2	8	6	9	5
1	7	5	3	8	9	2	4	6
9	2	3	4	1	6	7	5	8
6	4	8	2	5	7	9	3	1

June  
Sudoku  
Answer



July  
Sudoku

7								1
		3	8	5				
			3	6				9
			4	9				6
1	3							
5		4			7			2
			5			6		
		2	9			8		
							4	3

How do you make a  
milkshake?  
Give a cow a pogo stick!

Ask us how you can  
SAVE on your  
Chiropractic Care! Be a  
Wellness Warrior











*Yours In Health*  
  
Brost  
Chiropractic & Wellness  
*Dr. Kolbi Brost, Melissa & Crystal*

Rangle up a **COW-pon** for  
your pardner before they  
head to slaughter

# July 2026

All **COW-pons** cease  
August 15, 2026

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

<p><b>HOLY COW!</b> MAYBE IT'S TIME FOR A CHECK-UP.</p> 	<p>What do you call a cow who won a pageant?  Dairy Queen</p>	<p><b>CLOSED</b>  1 <b>HAPPY Canada Day</b></p>	<p>2 10:30 - 6:00  The COWs come out to play next week</p>	<p>3  IS YOUR <b>SPINE BUCKING</b> YOU OFF?  GET CHECKED BEFORE STAMPEDE STARTS!</p>	<p>4  </p>
<p>5  What do you call a cow that's out of this world?  An animal in udder space</p>	<p>6 12:00 - 6:00  <b>HAVE YOU HERD?</b> COMPLIMENTARY EXAMS JULY 2-9 COW WEEK IS HERE!</p> 	<p>7 10:30 - 5:00</p>	<p>8 12:00 - 6:00  What's a cow's favorite candy bar?  Milky Way</p>	<p>9 10:30 - 6:00  It's an udderly moo-ving day! Pull a Teat Get a Treat!</p>	<p>10 11  <b>CASH COW SAVINGS!</b>  SPECIAL COW WEEK OFFER!</p> 
<p>12  OFFICIAL <b>STAMPEDE</b> RECOVERY STATION  FOR SORE BACKS &amp; TIRED COWBOYS  MINI DONUTS</p> 	<p>13 12:00 - 6:00</p>	<p>14 10:30 - 5:00  What do you call a cow that enjoys stand-up comedy?  A laughing stock.</p>	<p>15 12:00 - 6:00  GET BACK IN THE <b>SADDLE!</b>  Your spine deserves a smoother ride.</p> 	<p>16 10:30 - 6:00</p>	<p>17 18  <b>MOO-VE BETTER</b>  Move Better. Feel Better. Live Better.</p> 
<p>19  What do you get when you cross a cow and a rooster?  Roost beef</p>	<p>20 12:00 - 6:00  <b>LEAD THE HERD</b> with a healthier nervous system.</p> 	<p>21 10:30 - 5:00</p>	<p>22 12:00 - 6:00  What do you call a cow's sting operation?  A steak out.</p>	<p>23 10:30 - 6:00  <b>THIS TOWN AIN'T BIG ENOUGH</b> for bad posture.</p>	<p>24 25  What do you call a grass-fed cow?  A lawn moo-er.</p> 
<p>26  ☑ BOOTS: CHECK ☑ HAT: CHECK ☑ POSTURE: NEEDS WORK</p> 	<p>27 12:00 - 6:00</p>	<p>28 10:30 - 5:00  <b>UDDERLY ALIGNED</b> That's the goal.</p> 	<p>29 12:00 - 6:00</p>	<p>31 10:30 - 6:00  What do you call a cow who strikes it rich  A cash cow</p>	<p>31  <b>DON'T HAVE A COW!</b>  WE CAN HELP WITH THAT BACK PAIN.</p> 

OFFICE WILL BE CLOSED Friday July 31 - Sunday August 9, 2026