



Upcoming EVENTS

Office will be closed on the following dates:

Monday September 7, 2026

Monday October 12, 2026

Hello, September!

September has arrived, and just like that, summer mode is OUT and school mode is IN! 
Backpacks are packed, schedules are filling up, alarm clocks are being aggressively ignored, and parents everywhere are wondering how there are already three forms that need signing. 😊

With new routines, busy schedules and plenty of physical and mental demands, September is a great time to check in with your family's brain, body and nervous system.

So grab your coffee, straighten that backpack, and let's get this school year started with backpacks up, brains on, and bodies ready!  

Your Brain's Performance Starts at Your Spine

Think chiropractic care is just for back pain? Think again. At Brost Chiropractic, we take a brain-first approach to health. That's because your brain and spinal cord are command central—controlling every organ, tissue, and system in your body.

But here's the key: Your brain can only do its job when the communication pathways (through your spine and nerves) are clear. Misalignment in your spine—caused by stress, posture issues, or injury—can disrupt that signal, affecting how your brain regulates everything from digestion to sleep to energy.

That's the power of brain-based chiropractic care. By gently aligning the spine and reducing interference in your nervous system, we're not just helping your back—we're helping your brain function at its best.

You may notice benefits like:

-  Better stress resilience
-  Improved sleep
-  Greater mental clarity and energy
-  Fewer headaches or focus issues



Want to know how your nervous system is doing? We offer advanced NeuroScans to measure your brain-body connection. Call/Text 403.520.5265 to schedule your assessment today!



DID YOU KNOW? Becoming a chiropractor involves a LOT of education

Canadian chiropractic programs involve extensive academic and clinical training, and graduates must complete the required examinations before becoming licensed. The Canadian Chiropractic Association reports 4,200 hours of training in core competencies.

Back-to-School Backpack-Induced Chaos 🎒🧠

Back-to-school season is here, which means alarm clocks are screaming, shoes are disappearing, lunches are being packed, and backpacks are somehow becoming heavier by the hour.

Between heavy backpacks, hours of sitting, screens, sports, early mornings and new routines, your child's brain and body have a lot to adapt to.

Backpacks Up. Brains On.

Your nervous system is constantly processing information and helping your body move, balance, coordinate and adapt.

That's why back-to-school is a great time to check in with how your child is moving and feeling.

Brain-based chiropractic takes a neurologically focused approach, looking at the relationship between the brain, nervous system and body. At Brost Chiropractic, Dr. Kolbi assesses each person individually and uses this information to guide care.

And let's not forget the parents!

Between school forms, activity schedules, homework and trying to remember everyone's passwords, your nervous system may need a little attention too. 😊

A Few Back-to-School Tips

- 🎒 Keep backpacks reasonable
- Carry only what is needed.
- 📚 Use both shoulder straps
- Help distribute the load evenly.
- 🏃 Keep moving
- Regular movement breaks are important after long periods of sitting.
- 😴 Prioritize sleep - New routines are easier when everyone is well rested.



Ready for a Back-to-School Tune-Up?

New school year. New routines. Same nervous system.

Give your family's brain and body a little attention before September turns into a full-contact sport.

Backpacks up. Brains on. Let's do this!

If you're curious whether brain-based chiropractic care is right for your family, Dr. Kolbi Brost at Brost Chiropractic is here to help.



Back-to-School Takeaway

New school year. New routines. Same nervous system.

Give your family's brain and body a little attention before September turns into a full-contact sport.

Backpacks up. Brains on. Let's do this. 🧠🎒



~!~!~!~ HAPPY BIRTHDAY ~!~!~!~



Did you know??

Chiropractic is more than 130 years old.

The profession dates its founding to September 18, 1895, when D.D. Palmer performed what is traditionally recognized as the first chiropractic adjustment in Davenport, Iowa.

That means, chiropractic has been around longer than sliced bread, traffic lights and television.



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7			8					3
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August
Sudoku
Answer

September
Sudoku

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

Office Hours

Monday 12:00 - 6:00

Tuesday 10:30 - 5:00

Wednesday 12:00 - 6:00

Thursday 10:30 - 6:00

Yours In Health



Brost
Chiropractic & Wellness

Dr. Kolbi Brost, Melissa, Jancy & Crystat

September 2026

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

🧠 “Did You Know?” Canadian chiropractors receive 4,200+ hours of education, including anatomy, physiology and neurology.		1 10:30 - 5:00 📅 September Spine Forecast Monday: Slightly stiff Tuesday: Getting into the routine Wednesday: Needs coffee Thursday: Feeling pretty good Friday: WE MADE IT 🎉 Weekend: Backpack officially abandoned.	2 12:00 - 6:00	3 10:30 - 6:00 	4  YOUR SPINE STARTS WITH YOUR FEET. 🌟 Improve Balance 🌙 Reduce Pain 🌟 Perform Better	5
6 	7 	8 10:30 - 5:00 😄 Chiropractor Translation Guide “My back is fine.” Translation: I haven't bent over to tie my shoes yet today. “I'll come in when it hurts.” Translation: My calendar and I have a complicated relationship. “I don't need an adjustment. I feel great!” Translation: Excellent. Let's keep it that way. 😊	9 12:00 - 6:00	10 10:30 - 6:00	11 🌟 “Plot Twist!” Chiropractic adjustments don't have to involve a POP. Manipulation and mobilization can use different techniques.	12
13 🧠 Finish the Sentence My nervous system after the first week of school: “I'm fine.” Also my nervous system: 🌟🌟🌟	14 12:00 - 6:00	15 10:30 - 5:00 🌟 That “crack” isn't your bones breaking. That familiar popping sound associated with some adjustments is a joint phenomenon, not your chiropractor snapping bones. Your skeleton can remain blissfully intact.	16 12:00 - 6:00	17 10:30 - 6:00 What did one vertebra say to the other? “I'm right behind you!” 🦴	18  Happy Chiropractic Birthday! Celebrating the Power of a Healthy Spine!	19 Parenting in September: Pack lunch. Find shoes. Sign form. Find missing water bottle. Repeat. 🔄
20 	21 12:00 - 6:00 📖 Chiropractic Word of the Month VERTEBRAE Those little building blocks making up your spine. Fun fact: “Vertebrae” is plural. One is a vertebra. So if someone says, “I hurt my vertebrae,” they're having a multiple-choice problem. 😄	22 10:30 - 5:00	23 12:00 - 6:00 	24 10:30 - 6:00 🎓 Chiropractors spend thousands of hours learning. Canadian chiropractic programs involve approximately 4,200 hours of education in core competencies. That's a lot of anatomy before anyone earns the right to talk about your atlas.		26
27 	28 12:00 - 6:00	29 10:30 - 5:00 🎓 “Wait... Chiropractors Study WHAT?” Canadian chiropractic education includes neurology, pathology, radiology, biomechanics and clinical sciences, not just learning how to adjust spines.	30 🛒 Back-to-School Reality Check Things you can expect in September: ☑ Missing pencils ☑ Missing socks ☑ Missing homework ☑ Someone forgot their lunch ☑ Someone forgot their lunch again ☑ One extremely heavy backpack ☑ Parents asking, “How is it already September?!”			Things worth remembering: ☑ Sleep ☑ Movement ☑ Water ☑ Good posture habits ☑ Taking care of your brain & body