

Village Chiropractic News

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Apr 24

Disclaimer: Information contained in this newsletter is for educational and general purposes only and is designed to assist you in making informed decisions about your health. Any information contained herein is not intended to substitute advice from your physician or other healthcare professional.

PLEASE NOTE! Change of Date for Discount Day in April

The Power of Awe

By Editorial Staff To Your Health April, 2024 (Vol. 18, Issue 04)

The health benefits of walking are undeniable, supported by an increasing body of research. But don't just walk – enjoy walking. Tap into the power of awe while walking to reap even greater health benefits. Let's see what a new study says about the power of awe and your health, particularly as you get older.

Researchers conducted an eight-week study in which participants ages 75 and older were divided into two groups for comparison. One group walked once a week. The second group also walked at the same frequency – but were advised by the researchers to walk somewhere that would inspire awe; somewhere where the walkers could look around at things, feel a sense of wonder, etc. – noticing a new flower in bloom, a sunset, etc. It was that simple.

Compared to the group that just walked, members of the group that also sought out moments of awe during their walks felt less pain and distress – two common experiences for many people as they get older. The power of awe in action.

The moral to the study / story: find moments of awe in your life. The more, the better, and you don't need to limit it to walking. Seek out awe as often as possible and feel the impact it can have on your health – and life in general.

Pssst!

Discount Day!
Sat Apr 27th
10:00—noon

Office Hours
Mon
9:00–5:00
Tues
9:00–6:00
Thurs
9:00–3:00

ALL HOURS
ARE BY
APPT



APRIL 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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OFFICE CLOSEDOFFICE CLOSED***OFFICE CLOSED***OFFICE						
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						Discount Day 10—noon Adjustments for \$35**
28	29	30	31	30		**CASH OR CHECK ONLY! First come, first served. Due to time constraints, we are unable to accept new patients on Saturdays.
	Open 9-6	30***OFFICE CLOSED***	31 OPEN 9-6	***OFFICE CLOSED***		