

Healing Through Giving: By Jena Ritchie, NBC-HWC

Moon Valley Chiropractic celebrates 25 years of wellness and community support. Giving back isn't just good for the soul—it's also good for wellbeing. Science consistently shows that acts of kindness, volunteering, and community service can lower stress, boost mood, and even strengthen the immune system. At Moon Valley Chiropractic, we are grateful for our wonderful patients and the fulfilling experience of regularly witnessing healing on a firsthand basis.

True wellness starts with connection, compassion, and community. For 25 years and counting, we've humbly stood by the motto: "We've got your back, Moon Valley." Whether providing expert chiropractic care or supporting local causes, our mission is always to help individuals feel better, move better, live better, and give back. This November, we're genuinely honored to support two wonderful community initiatives that reflect these values:

Women's Self-Defense Fundraiser

Sunday, November 16th | 11am–1pm

The Dojo Martial Arts Studio-Moon Valley, 13466 N 7th St., Phoenix, AZ 85022

RSVP ASAP by calling 602.298.0292 before Friday, November 14th.

Join us for this valuable women's self-defense (ages 10+) workshop benefiting **LymphRehab**. This donation-based event offers more than just fun and easy-to-learn self-protection skills—it's also a chance to come together to support fundraising for local cancer survivors living with lymphatic conditions. The suggested donation is \$20. In cooperation with Moon Valley Chiropractic and The Dojo Martial Arts Studio, this fundraiser is about promoting strength, safety, and paying it forward—one powerful move at a time.

Handbag & Purse Donation Drive

In conjunction with the Moon Valley Women's Club fall fundraising efforts, we're also collecting "Like New" and "Gently Used-Good Condition" handbags, purses, and wallets to help raise funds that support local nonprofit grants vetted through the Moon Valley Women's Club Service Project. This seasons much anticipated event "PURSE-onally Yours Autumn Tea & Auction" will offer a curated collection of goods available for auction and purchase in addition to a garden tea party experience.

Drop-off donations will be accepted in our lobby during regular office hours until Friday, November 14th at Moon Valley Chiropractic, 15420 N 7th St, Ste B, Phoenix, AZ 85022

The Science Behind Kindness and Healing

We're inspired not only by stories from our patients but also by research showing the benefits of giving:

- **Volunteering** is linked to reduced depression, greater life satisfaction, and even lower mortality rates.
- **Helping others** increases mental and physical health and decreases depressive symptoms.
- **Gratitude** has been shown to reduce risk of cardiovascular-related death in older adults.
- **Acts of kindness** reduce anxiety, lower blood pressure, and boost immune function.

Just like chiropractic care helps realign the body, optimize nervous system function, and reduce tension; giving back helps align the mind and spirit—lowering stress and improving overall well-being. At Moon Valley Chiropractic, we're committed to caring for the whole: body, mind, spirit, and community.

As we celebrate 25 years of service, we invite you to join us in giving back and paying goodwill forward. Together, we can build a healthier, more connected Moon Valley—one act of kindness at a time. At Moon Valley Chiropractic, we don't just care for spines—we care for people. And we've got your back. Call us to schedule your appointment at 602.298.0292

Women's Self-Defense Benefit Event The Dojo - Moon Valley



Sunday, November 16th

11am-1pm

The Dojo Martial Arts

Call to RSVP at (602) 298-0292

Text to RSVP at (480) 788-3750



Suggested Donation \$20 Benefits LymphRehab

The Dojo Martial Arts Studio

13466 North 7th Street, Phoenix, AZ 85022

**Ages 10+ Invited for Fun,
Education, & Empowerment**