

Featuring a comercial, 20 minute, full size tanning bed with 36 bulbs and a facial unit.

SUNSTAR

Tanning Packages:

Monthly......\$45 Monthly Couple......\$78

Minutes Never Expire:

Minutes never expire: 320 minutes...\$78 240 minutes...\$62 120 minutes...\$32 100 minutes...\$26 60 minutes...\$18 Single...\$6

Our Premium Tanning Specials:

Our tanning specials are available the entire year and never fluctuates at high demand times.

Let us know if you are a student! We gladly offer student discounts on our packages.

Upgrade your gym memership to include tanning & Therasauna and receive our best deal on package prices.

22.95 Gym Memberships With No Startup Fees

Couple Rates & Package Upgrades
Are Available.
Inquire At The Customer Counter
For More Information.

Our Wellness Team

Colleen Dittmar, DC founded the property, with her husband, in 2007. She graduated from St. Ambrose University with her B.A. in Fitness & Human Performance and went on to receive her Doctorate at Palmer College of Chiropractic. She has been offering her fitness and chiropractic services since 2009 when the facility opened.

She is a dedicated Doctor of

Chiropractic and specializes in certified Advanced Activator Methods, soft tissue therapies, kinesio taping, and nutritional therapies.

Kara Shannon, DC received her BS and Doctorate
Degree from Palmer College of Chiropractic in 2014. She is
a dedicated Doctor of Chiropractic with a focused interest
in Activator, Diversified, Certified Cox Flexion Distraction,
and soft tissue therapies including Graston

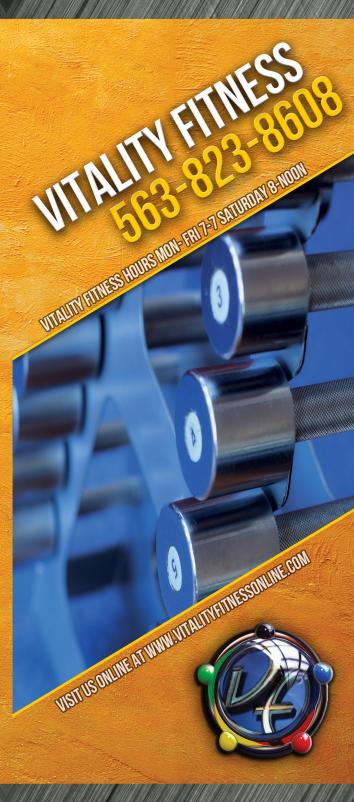
Diana Dugan, DC received her BS and Doctorate
Degree from Palmer College of Chiropractic in 2009. She is
a dedicated Doctor of Chiropractic with a focused interest
in Palmer Diversified, Activator, and soft tissue therapies.
As a certified medical examiner. Diana takes care of our
DOT, Employment, and Sports Physicals.

Trish Long, Office Manager has many years expeience in customer relations and taking care of people. She specializes in patient intake and making sure all their needs are met. If you have questions on services or want to begin care at our facility, ask for Trish. She is here for YOU!

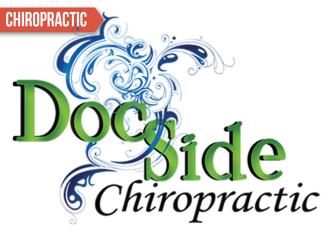
Designed by



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INSURANCES

MEDICAID
BLUE CROSS

MEDICARE

AMERIGROUP

OPTUM HEALTH CARE
UNITED HEALTH CARE

WORKMANS COMP

ACCIDENTS

AND WELLNESS PLANS

Massage:

Therapeutic Massage Has Been Shown to Be a Positive Approach to Chronic Pain Management, Headache Relief, Increasing Blood Circulation & Lowering Blood Pressure, just to name a few.

It 's Also a Great Form of Stress Management!

Sessions:

Massage: \$60/hour

Monthly Wellness Mas \$40.00/ hour

Specialty Massage
Techniques not included
in 40.00 rate but are
offered at discount

ask front desk for details

Therasauna:

Infrared Sauna Therapy Has a Plethora of Health Benefits! It Has Been Shown to Strengthen the Cardiovascular System, Increase Immune Function, Relieve Pain, Burns 600 calories per 1/2 hour, and much much more!

Sessions:

Monthly \$40



Chiropractic is a scientific, therapeutic & systematic approach to identifying & eliminating areas of interference within the nervous system that are believed to cause pain, injury, illness and eventually disease. All of which may be reversed with chiropractic care.

We offer a relaxed style of low force chiropractic methods with an emphasis on the muscular component of pain & correcting muscular imbalances in the body. We believe a balanced musculoskeletal system leads to a life free of pain & increase in vitality and sense of well being.

ALWAYS ACCEPTING
NEW PATIENTS
MAKE YOUR APPOINTMENT
TODAY 563-823-8836

LIKE US ON FACEBOOK

Monday 9am-7pm Tuesday 12pm-7pm Wednesday 9am-7pm Thursday 9am-7pm Friday 9am-5pm Saturday 9am-12pm

EXCLUSIVELY FEATURING:









A Proactive Approach to a Pain-Free Life in Motion

Chiropractic treatment plans offer non-surgical and drug free options for muscular and skeletal pain, arthritis, bursitis, migraines, dizziness, headaches, work comp, auto accidents, post-operation, sports injuries, and so much more.

Workman's Comp & Personal Injury Cases Gladly Accepted

If You Have Been Injured on The Job or In An Automobile Accident, Let Us Help You Get Back What You Lost! We Bill Your Insurance Company, Leaving You With No Out of Pocket Expenses!

Cold Laser Therapy

A revolutionary new treatment for pain using advanced medical technology available today



Visit Us At DocSideChiro.com