

TANNING

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

SUNSTAR

Our Premium Tanning Specials:

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 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 membership 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 experience 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



🏠 1134 Front Street, Buffalo IA 52728

☎ 563-823-8836

✉ Staff@docsidechiropractic.com

🌐 www.docsidechiropractic.com

VITALITY FITNESS
563-823-8608

VITALITY FITNESS HOURS MON-FRI 7-7 SATURDAY 8-NOON

VISIT US ONLINE AT WWW.VITALITYFITNESSONLINE.COM



MASSAGE/SAUNA



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



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:



INSURANCES

AARP
MEDICAID
BLUE CROSS
MEDICARE
AMERIGROUP
OPTUM HEALTH CARE
UNITED HEALTH CARE
WORKMANS COMP
ACCIDENTS
AND WELLNESS PLANS

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