

PREMIER HEALTH

Of Coon Rapids



COMMUNITY SPOTLIGHT

PRODUCT OF THE MONTH:

25% OFF of Chondro-Relief Intensive Care



WELLNESS CLASS

PARTNER TRIGGER POINT

Sign up at the front desk or by calling/texting.

763-270-5828
3340 Northdale Blvd.,
Ste. 120, Coon Rapids

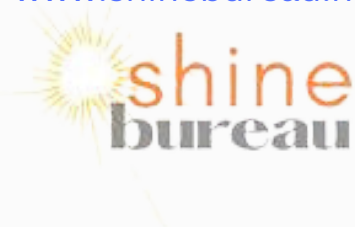
We have a verified Rock Star amongst us, here at Premier Health of Coon Rapids! We would love to introduce you to Toby Lee Marshall!

Live and Studio Musician, Hammond Organ Specialist with internationally touring Koch-Marshall Trio. Owner at Studio Cenote' in Coon Rapids, MN. Offering both in-person and remote session recording.

www.tobyleemarshall.com

Toby is also a Co-Owner of Shine Bureau. A Real-Estate Staging firm. Offering full staging of both occupied and unoccupied properties that will be listed for sale.

www.shinebureau.net





Knowing how important mental health is, especially as it starts getting colder and darker, we asked our team what their favorite Autumn activity is!

DR. KELSEY: My favorite autumn activity is Sunday Football with my hubby (and kitties)!

DR. MITCH: NFL, College and fantasy football all fall long!

SHANNON: Forget all of these football fans, the World Series is in the fall! However, my favorite Autumn activities are decorating my yard for Halloween, visiting haunted houses, and just anything Halloween related in general!

LEXI: My favorite autumn activity is going for walks! We get like 2 weeks of beautiful fall colors before everything turns gray and cold. So I like to get out and go to county and state parks as much as I can and nature bathe.

RECIPE OF THE MONTH

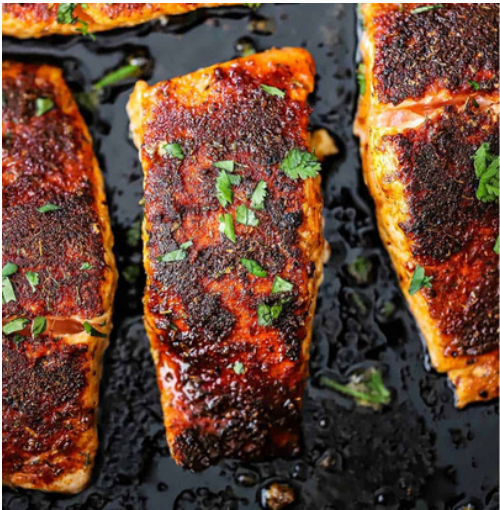
Perfect Salmon (Lexi's Recipe)

Ingredients:

All you need is salmon, oil, salt & pepper, and a cast iron skillet.

Directions:

Before you turn your stove on, season the pan with salt and pepper. Put the salmon skin side down in the pan. Turn the stove on med-high and do not touch the salmon until the fat renders and skin starts to brown (6-8 min). Salt and pepper the top of the salmon and drizzle a little bit of oil on top. Flip and cook until flesh starts to brown (6-8min). Serve skin side up.



October 13:

Clinic 9 Year Anniversary and Patient Appreciation Celebration!

October 16:

World Spine Day

October 19:

DR. KELSEY OUT

DR. MITCH WILL BE IN ALL DAY

October 30:

Clinic Halloween Party & Costume Contest

All of the offices in our building will be handing out candy for any Trick or Treaters during their regular business hours

October 31:

HAPPY HALLOWEEN!

All of the offices in our building will be handing out candy for any Trick or Treaters during their regular business hours