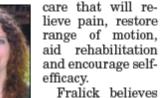


Fralick to open Life in Motion Chiropractic & Wellness in Ridgway

Dr. Cheyenne Fralick is proud to announce the opening of Life in Motion Chiropractic & Wellness at 205 Main St. in Ridgway. The projected opening day is Monday, Feb. 23.

Fralick hopes to provide extensive one-on-one evaluation and holistic treatment that will assist in overcoming musculoskeletal pain. She hopes to address the structural causes of the pain (muscle and skeletal tissues) but also the functional causes (altered body mechanics due to injury, ergonomics, muscle imbalance, posture) and implement a uniquely individualized course of chiropractic



that the body has the ability to heal itself and it is her Cheyenne job to facilitate the healing process via unique skills with

evidence based manual medicine and scientifically proven treatment methods.

Dr.

Fralick

Fralick finished her undergraduate work in Exercise Science at

cal Nutrition, and is now certified to provide pediatric and prenatal chiropractic care.

In October 2013, Fralick achieved recognition as a primary spine practitioner which enhanced the already exemplary primary spine care at Life in Motion Chiropractic and Wellness.

During the first six months of 2010, Dr. Fralick fulfilled an employment opportunity in Cary, N.C. as a chiropractic associate and office manager at Triangle Wellness Chiropractic and Holistic Care

lieve pain, restore then pursued a Doctorate in Chi- module elective at NYCC as well ropractic at New York Chiroprac- as becoming a certified kinesio tic College. During the internship taping practitioner. This expandphase of her training, Fralick had ed her internship training opporthe opportunity to serve in sever- tunities allowing her to treat athal outpatient facilities associated letes of all ages at events such as with the NYCC Depew Health marathons, rowing competitions, Center in Buffalo, N.Y. This ex- and track meets. perience allowed Fralick to work with people from all walks of life led to her being named to the Phi and prepared her for her ultimate Chi Omega honor society while at

> ball and Club Volleyball at UB, and ability by completing her Fralick developed a desire to ad- Masters Degree in Applied Clinidress sports injury and expanded upon her knowledge in exercise

before returning to New York State to open Life in Motion Chiropractic and Wellness with Dr. Sean Konrad. With family always being an important part of her life she wanted to find a permanent home that was closer to her native Kennedy, N.Y. When opportunity arose, the Fralick and Konrad decided to open a practice here in Ridgway. Konrad will be joining Fralick later this summer.

Fralick is looking forward to serving the community and sharing her expertise.

care that will re- the University at Buffalo. Fralick science by completing the sports

Fralick's devotion to excellence goal of opening a family practice. NYCC, and has continued to ex-Having played Division 1 Soft- pand upon her knowledge, skill,

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