

Allow us to introduce your area wellness expert...



Dr. Kayla Zirpel-Proctor

Experience: Practicing since 2007

Education:

- South Dakota State University, Brookings, S.D. B. S. in Biology, Microbiology minor, 2004.
- Northwestern Health Sciences University, Bloomington, M.N. Doctorate in Chiropractic, 2007.

Additional Education:

- Nutrition and Applied Kinesiology seminars
- Pettibon chiropractic technique seminars
- Enrolled in the Wellness Practice™ Wellness Certification Program

Kayla Zirpel-Proctor was in a “minor” car accident when she was a junior in high school. As she soon discovered, there are no “minor” accidents and soon she was suffering from headaches as a result of her injuries. She visited her hometown chiropractor and after several visits her headache pain was relieved. It became obvious to her that chiropractic was beneficial in healing after an injury.

At the same time her mother could only walk a few blocks before low back pain set in. Within a few years she became unable to walk those two blocks at all, let alone stand, without her severely degenerated back robbing her of her quality of life. At that moment Kayla understood the importance of lifetime spinal maintenance. Chiropractic was not just for injury management—it was for maintenance of the spine, much like brushing and flossing for oral health. It can prevent many chronic and recurring conditions people suffer from daily, all without drugs and surgery. This revelation influenced her choice of career.

After graduating from Northwestern Health Sciences University, Dr. Zirpel-Proctor worked as a chiropractor at Chiropractic USA in Long Lake, M.N. for a year. She opened her own practice on the second floor of Citizens Bank in Lakeville, M.N. in 2009. Dr. Zirpel-Proctor strives to create an energizing, healing environment and incorporates detailed postural and radiologic analysis into the practice. Since that time, the practice has catered to all individuals seeking optimal health and wellness although families and children are a main focus.

Dr. Zirpel-Proctor has become one of the leading health and wellness advocates and educators in Lakeville. Her belief that the strength of a community depends on the health of its residents spurs her contribution of countless hours to the education and promotion of health and wellness. As a volunteer doctor for the Foundation for Wellness Education, hundreds of area residents are educated annually on the healing power of the body and overall benefits of healthy lifestyle choices.

“I love the family-oriented environment of the Lakeville,” says Zirpel-Proctor. “I believe a healthy community is a direct result of the health of the residents who live there and a healthy community is going to be a safe and prosperous place for our families. That’s really important to me as a citizen and as a local business owner.”

Back to Wellness Chiropractic, PLLC

Dr. Kayla Zirpel-Proctor

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An official representative of the Foundation for Wellness Education
www.foundationforwellnesseducation.org



Our Programs

The Foundation for Wellness Education offers general health education and awareness presentations in an effort to positively impact the community by influencing individuals to make healthier lifestyle choices. These programs are offered to businesses and community organizations free of charge. Many of our programs are of special interest to schools and teachers. Choose one or all of our educational programs and seminars. Together they create a stellar health awareness series.

All workshops and programs can be customized based on time available and the interests of your class or group. For more information or to schedule a program you may call, fax or email us. A quick reply “fax-back flier” is included for your convenience.

Dates fill up fast. Reserve your date today!

FOR THE CLASSROOM:



The Backpack Clinic: Did you know that a student carries 11 tons in their backpack over the course of an average school year? It’s no wonder that backpack related injuries among school-age children have increased by 330 percent since 1996! The Backpack Clinic is the ideal way to spread the word about the proper fit and use of backpacks. Available as a classroom workshop or 30 minute presentation for your next parent or teacher meeting. Also ideal for your next health fair or school open house. Have the kids bring their backpacks and each will receive an individual fitting and learn the proper method of calculating their safe backpack weight.



How the Body Works: What is the most important organ or system of the body? Most people think that it’s your heart. Actually, the entire body functions from the nervous system and without this system no other body functions would work properly. The nervous system is so critical to body function that it is the only system of the body totally encased by bone for protection. Learn other amazing facts about the body and how the nervous system keeps us healthy and strong. This workshop can be customized for kids of any age.

FOR PARENTS & TEACHERS ORGANIZATIONS:



Through a Parent’s Eyes: As parents you want what’s best for your children. Have you ever really thought about what the simplest actions and decisions that you make on a daily basis can mean for your child’s health, both now and far into the future? From nutrition to exercise, ADHD to obesity, immunity to vaccinations, we’ll break it all down and take a look at what it means to grow up healthy...through a parent’s eyes.

FOR FACULTY & STAFF:



Take Five! Stress Relief Break: Our most popular program! Reduce tension by enjoying a 5-minute pressure point massage while learning more about your health. Using the latest state-of-the-art technology (where available) we conduct a scan of the nervous system and provide the results to the participants on the spot. We can answer your health related questions and offer suggestions to increase performance at home and on the job! A great way to recognize your hard-working staff and volunteers!

Plus many more! Visit our website for more educational programs!

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Quick-Response

We understand that you wear many hats. Out of respect for your time we make all of our programs and events easy for you to implement. You provide the location, work with us to finalize a date and let us take care of the rest!

We even make selecting your preferred programs easy! Simply place a check (✓) in the box to indicate the programs that you believe best meet your needs. Then return this form to us via fax. We will then contact you to answer your questions and finalize all the details.

OUR PROGRAMS:

- The Backpack Clinic**
- How the Body Works**
- Through a Parent's Eyes**
- Take 5 Stress Relief Break**

- Your Special Request:** _____
- Your Special Request:** _____
- Your Special Request:** _____

**Complete this form and fax it to our office.
We will contact you immediately with additional information!**

Organization Name: _____

Contact Name: _____

Phone Number: _____

I'm interested in scheduling the events marked above:

Preferred Date: _____ Preferred Time: _____

I'm interested in more information. The best time to reach me is: _____

Return Fax to (952) 898-4491

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