



FOR IMMEDIATE RELEASE:

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CONTACT:

Katie Ramsey

Phone: 515-278-9678

info@yostfamilychiropractic.com

801 Grand Power Climb

Benefiting the American Lung Association of Iowa

Yost Family Chiropractic, which opened 5 years ago, has a team of two doctors who specialize in family wellness care, serving newborns, children and adults.

Dr. Heather Yost and Dr. Lindsey Calvert joined over 800 *everyday* heroes who climbed to the top of the 801 Grand in Downtown Des Moines and raised money for the *American Lung Association* of Iowa.

This climb took place on Sunday, February 22nd, 2009 as they joined the firefighters, law enforcement officers, families, and elite athletes to climb 41 floors, 85 flights of stairs, and nearly 1,000 steps to the top of Iowa's tallest building!

The 800 climbers raised more than \$130,000 to benefit the lung association. Everyone who finished the 41 floors had a win on Sunday!

In celebration of this event, Yost Family Chiropractic is offering **complimentary consultations** to the community. "We're definitely seeing a trend in more families taking more control of their overall wellness," said Heather Yost, D.C. Anyone wishing to schedule a consultation with the doctors or to receive information about the *wellness lifestyle* is invited to contact us at 515-278-YOST or visit us at www.YostFamilyChiropractic.com.



Yost Family Chiropractic
8521 Hickman Rd.
Urbandale, IA 50322

Ph # 515-278-9678

Fax: 515-278-4663

YostFamilyChiropractic.com



*Establishing
and
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Chiropractic
Family
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