



## About Take Care

Dr Michael Oste and his team at Take Care exist to educate and serve our community. We offer the highest quality chiropractic care services with professionalism, clinical expertise and compassion.

Chiropractic is drug-free.  
Chiropractic is safe and natural.  
Chiropractic is backed by research.  
Chiropractors enjoy one of the highest patient satisfaction in health care!

Our highly experienced team looks forward to helping you achieve your health goals.

## Our Products

Nutrition is a core component to wellness. Our nutraceutical grade products consist of vitamins, minerals, herbals, medical grade foods & devices. Your success is directly related to product quality. When focusing on health, top priority is to use products that work. We have extensively researched the brands that we carry and are proud that you are getting a strong potency and bio-available products.



## Our Services

SPINAL ADJUSTMENTS (3-4regions)

Retail Cost : \$79

EFT Monthly Payment Plan: Save 15%

Pre Pay Plan: Save 35%

\*We offer additional discounts for family members, seniors, students & Veterans

MASSAGE

Retail Cost : \$44/20min

Package Cost: \$260/10 @ 20 min

REHAB/THERAPEUTIC EXERCISE

Retail: \$57 - \$87/Session

FUNCTIONAL MEDICINE CONSULTS

Retail: \$120 - \$200/Session

NUTRITIONAL CONSULTS

Retail: \$120 - \$200/Session

CORPORATE HEALTH TALKS

LUNCH & LEARN SERIES

ERGONOMIC CONSULTATIONS

CUSTOM ORTHOTIC FITTINGS

### NEW PATIENT OFFER

ONLY \$137\*

\*New customers only. Not valid with insurance, personal injury or work injury cases

INCLUDES: consultation, orthopedic, neurological, chiropractic exam & any necessary x-rays



*87% of people  
under  
chiropractic  
care describe  
their health  
as great or  
excellent!*

Mass Chiro2008



MON - THURS  
7:30am - 3:00pm  
FRIDAY  
9:30am - 2:00pm



612-746-5555



SKYWAY LEVEL  
120 S. 6th St  
Minneapolis, MN 55402



info@takecarechiro.com



takecarechiropractic.com

TAKE CARE  
CHIROPRACTIC & WELLNESS

