



MCA In Touch

Your monthly news and events update from
the Minnesota Chiropractic Association

Association News

Exciting News! □

We are thrilled to congratulate Dr. Sara Cuperus on being selected as the United States representative to FICS!

This is a remarkable achievement, and we are beyond excited to see her take on this prestigious role. We share in your joy and are confident that this will be an incredible journey. Wishing Dr. Cuperus all the best as she represents us on the global stage! □□

#FICS #ProudMoment #Congratulations



Dr. Sara Cuperus, DC, CCSP, ICCSP, CACCP ATC, GTS



In Memoriam: Dr. Gregg Friedman

It is with great sadness that we share the recent passing of Dr. Gregg Friedman after his brave battle with cancer. Dr. Friedman, a dedicated chiropractor, touched the lives of many through his compassionate care, speaking engagements and commitment to his profession.

His contributions to the field and the lives he impacted will not be forgotten. Dr. Friedman will be deeply missed by all who knew him. MCA extends our heartfelt condolences to the Friedman family during this difficult time. Our thoughts are with them.

MCA Executive Committee

- Tuesday, April 1, 2025 – SE District Meeting in Rochester
- Thursday, April 24, 2025 - MCA Annual Membership Meeting
- Saturday, May 3, 2025 – MCA Awards Gala at Hilton Bloomington
- Thursday, May 15, 2025 - Rayus & MCA 2-Xray Luncheon - Sartell
- Tuesday, May 20, 2025 - Rayus & MCA 2-Xray Luncheon - Maple Grove
- Friday & Saturday, June 13 & 14, 2025- MCA Sports Summit at NWHSU
- Tuesday, July 29, 2025 – MCA & NWHSU Golf Outing at Rush Creek
- Saturday, December 6, 2025 – MCA Pediatric Summit at NWHSU Room 26



Mark your calendars for this year's Annual Zoom Meeting. Thursday, April 24, 2025 12:15pm - 1:15pm

Annual Meeting



2025 AWARDS AND SCHOLARSHIP GALA
Saturday, May 3, 2025

Register now for this year's Gala. Saturday, May 3, 2025

Gala Registration

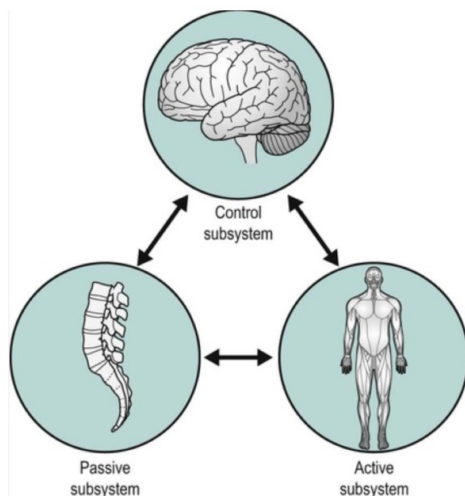


FEBRUARY

Welcome Doctors

Dr. Robb Reed
Dr. Kyle Ahrens
Dr. Jim Lee
Dr. Robb Reed
Dr. Amelia Prideaux
Dr. Michele Stapf

Jenna Blanchette, Student NWHSU
Alex Gwost, Student NWHSU
Griffin Hoyer, Student NWHSU
Ava Katz, Student NWHSU
Victoria "Tory" Topaz, Student NWHSU
Brandon Westberg, Student NWHSU



3/20/2025

Written By Brandon Steele

5 Time-Saving Hacks Every Chiropractor Needs to Do

Running a chiropractic practice is a constant balancing act. But what if you could **free up more time** without sacrificing patient care?

This week's blog breaks down **five time-saving strategies** every chiropractor should use.



- Here's what you'll take away:
- **How to automate patient education** and reduce repetitive explanations
 - **The easiest way to stay updated on research** without wasting hours
 - **How to streamline intake, follow-ups, and marketing** to maximize efficiency

[READ More....](#)

Mattress Partner Program:

\$100 Discount for Patients
10% Commission to Doctors

saatva
Sleep Enlightened



Sara Nachtman
MSBA Certified Civil Trial Law
Specialist
Bott Law Firm



"Trustworthy chiropractic care is important for my clients' recovery."

[learn about how Sara can help injured patients](#)

[+763-406-7124](#)



Member Benefit



Connect with the Profession at Clinical Compass

MCA members now have access to a wealth of evidence-based resources offered by the Clinical Compass. Learn more at clinicalcompass.org and get your login information on [MCA's Discourse forum page here](#).

Clinical Compass Update: Systemic Review Honored

The Clinical Compass article "Cost of chiropractic versus medical management of adults with spine-related musculoskeletal pain: a systematic review" was recently named the "2024 Best Published" by the journal *Chiropractic and Manual Therapies*. The review, led by lead author Ronald Farabaugh, DC, who is chair of the ACA Research Advisory Board and also represents ACA on the Clinical Compass board, compares the costs of chiropractic versus medical care for the management of spine-related musculoskeletal pain in U.S. adults. Learn more about the review and see what else the Clinical Compass has achieved in the past five years in this [ACA Blog post](#).

Featured Partners



ASSOCIATED
HEALTHCARE
Credit Union



CarpeDiem.



Legislative & PAC Fund



Click the QR Code to donate to the PAC FUND

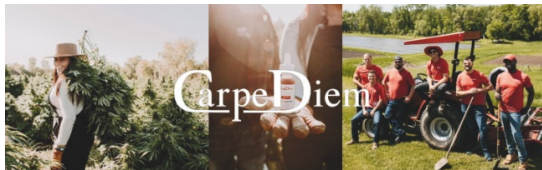


MCPAC is
the only
political
action
committee in

Minnesota with the primary mission of electing and supporting those who are pro-chiropractic. MCPAC allows Minnesota chiropractors to pool their financial resources together, regardless of their political affiliations, to support and protect our profession. We are stronger together. Make your voice and the voice of your patients heard. [Contribute to MCPAC now!](#)

Donations made to MCPAC can ONLY be made from personal accounts.

If you are interested in learning more about the Legislative Committee, [click here](#).



SEIZE THE DAY WITH CARPE DIEM CBD!

Discover the Carpe Diem Difference: We're excited to bring you our premium, seed-to-shelf CBD products, grown organically in the heart of Minnesota by us. Experience the excellence of highly concentrated CBD, crafted for purity and potency, and elevate your wellness journey with Carpe Diem CBD!

MUSCLE CREAM

BEST-SELLER! Ideal for both targeted relief and a luxurious full-body massage, this product delivers exceptional soothing and pain-relieving effects, leaving you feeling revitalized.

MUSCLE GEL ROLL ON

High-strength, affordable pain relief on the go! Enjoy the refreshing cooling effect of peppermint with a convenient, hands-free applicator—ideal for travel and on-the-go relief.

BODY LOTION

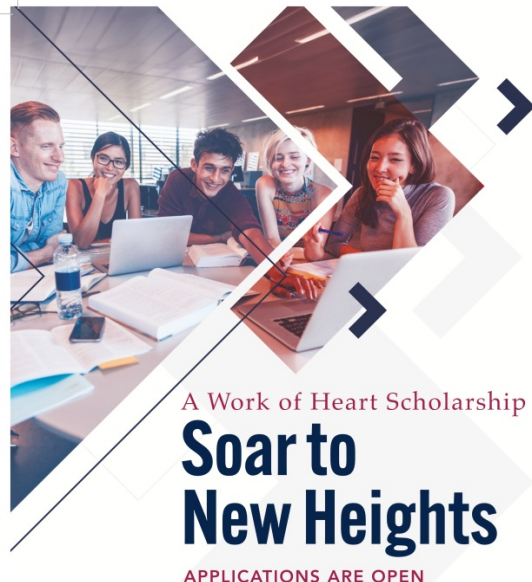
Experience the ultimate spa indulgence with our luxurious moisturizer. Soothe dryness, and irritation while embracing a sense of calm and melting away daily aches and pains. Rejuvenate your skin and spirit with every application.



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Instagram: [carpediem_healthandwellness](https://www.instagram.com/carpediem_healthandwellness)

www.carpediemcbd.com

CarpeDiem.



APPLICATIONS ARE OPEN



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& Apply Today
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National News

Classified Ads

Jobs



Associate opportunities in Fargo and Wahpeton, North Dakota

We are seeking skilled and passionate Chiropractors to join our team. Helping people become their best self is our goal and we provide a dedicated team to help you do so. Whether you have been a long time Chiropractor or are just joining the field, we are there to help and prepare you on your journey.

Opportunities include:

- Associate Chiropractor in Fargo, N.D.
- Associate Chiropractor in Wahpeton, N.D.
- T9 and T10 internships in Fargo and Wahpeton

Benefits include: Salary plus commission, health insurance and HSA account, Retirement account, PTO and a dedicated team to allow you to spend your time focusing on the treatment of your patients.

Contact Dr. Paape at (701) 866-6456 or email hr@healingartschiropractic.com

- **PRACTICE FOR SALE** - 10 minutes south of the metro in a growing Minnesota city.
- **DOC FOR A DAY is coming to Minnesota!** We need YOU
- **Associate Doctor of Chiropractic Wanted:** Opp Family Chiropractic of St. Francis
- **Chiropractor Wanted:** Cornerstone Wellness Center in St. Peter
- **Associate Chiropractor Wanted:** Woodlands Chiropractic in St. Cloud
- **ASSOCIATE OPPORTUNITY**
Chiropractic First of La Crescent, in Minnesota, five minutes from downtown La Crosse, Wis., and just over 2 hours from Minneapolis, Minn.
- **Associate Wanted - Alexandria, Minn.**

CHIROPRACTIC ASSOCIATE WANTED! – Alexandria, Minn.

Central Lakes Chiropractic Clinic is a busy diversified family practice located in Alexandria, Minn., with two full-time doctors and excellent staff. We're excited to add an associate, who is interested in a planned thoughtful buy-in timeline.

[Learn more.](#)

Practices for Sale

TREATMENT ROOM FOR RENT
Office has been Newly
Remodeled!!

Established 20+ year multi DC clinic in prime location on Lexington Ave in Shoreview is looking for a self-motivated DC to rent a treatment room in our clinic. We are looking for an established or young DC who would like a great office environment to start or continue their chiropractic career.



For more details:

Please email drdoug@acwclinic.com

Treatment room includes:

- Hylo Chiropractic Table
- Ultrasound
- Lotion warmer
- Built in desk and book/storage shelves

Included is access to the office manager to do your scheduling and billing, separate telephone line, credit card processing, utilities, waiting room, therapy bay with intersegmental traction table, wireless internet, and fax. Everything is ready for someone to step in immediately.



PRACTICE FOR SALE – WAHPETON, N.D.

Long established chiropractic practice for sale in spacious modern clinical settings by retiring doctor.

Located in a vibrant growing community on the ND/MN. border 45 miles south of Fargo, 2 ½ hours from Minneapolis.

This includes operations, all patient files, all equipment and furnishings, including four adjusting and therapy tables, ultrasound and EMS equipment in a practice integrating physiotherapy, rehabilitation, and nutrition.

Low overhead with attractive lease agreement. A unique opportunity for a seamless transition with options for easy acquisition.

Contact: Dr. J.

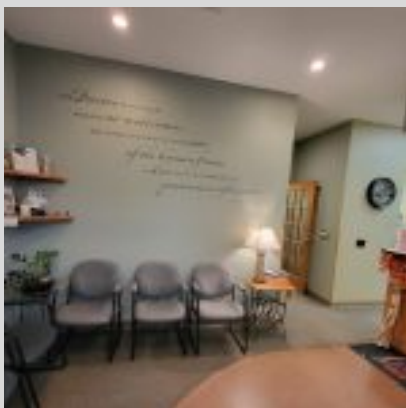
701-640-1618 or email: dune@wah.midco.net

PRIME OFFICE SPACE AVAILABLE:

Wayzata, Minn. practice location.

MWF: Furnished and Equipped large treatment room available.

[Learn More](#)



PRACTICE FOR SALE – SOMERSET, WI

Somerset Chiropractic Health & Vitality Center a well established thriving practice for sale. Practice has been operating for over 26 years in one of the fastest growing towns in Wisconsin. The sale includes 1194 sq. ft. office space, large parking lot with ample spots for patient and staff parking, fully furnished and equipped, including: two treatment rooms with adjusting tables, new digital x-ray machine/exam room, consultation/office room, intersegmental table, remaining office

supplies/furniture, with one fully trained part time staff and 1 newer staff person.
[Learn More.](#)

PRACTICE FOR SALE - ST. PAUL/MPLS/ROSEVILLE AREA.

Solid, secure practice for sale. Established 19 yrs. Well balanced cash/insurance payor mix. Solid patient community referrals. Div/Drop/Act also therapies, massage therapy. Sale includes 4,000 sq ft building with secure rental income. Excellent financing available. Contact Loren Martin, Practice Opportunities, Inc. Phone: (952) 322-1177. martin@practiceop.com.
MCA Partner

PRACTICE FOR SALE – North Metro Area

Established 40 years. Priced to sell, Doctor is retiring.

Call or text (612) 669-9332.

[Check Out All Classifieds](#)



You're committed to doing more for your patients. Which is why we're committed to doing more for you.

Ncmic.com/more



Are you looking to hire? Do you want to sell or buy? Let MCA help you. For more information click [HERE](#).



Let's Connect!



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