



Wellhouse Chiropractic Hosts Kids Week 2026 with Toy Story Theme and Free Initial Visits for Children

August 24, 2026

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Wellhouse Chiropractic hosted Kids Week from August 17 to 21, 2026, giving families in Maple Grove an opportunity to participate in activities centered on children and family care. The five-day event featured a Toy Story theme, snacks, interactive activities, a photo booth, a scavenger hunt, and free initial visits for children.

The week highlighted Wellhouse Chiropractic's ongoing focus on pediatric chiropractic services. The practice provides chiropractic care for children and families, with its doctors completing additional pediatric and perinatal education through programs including the International Chiropractic Pediatric Association and the Pediatric Experience. The practice's approach includes selecting techniques based on factors such as a child's age, developmental stage, size, comfort, and individual circumstances.

Dr. Rachel Hovey, chiropractor and owner of Wellhouse Chiropractic, said the event provided an opportunity to give additional attention to the children and families who visit the practice. "Kids Week represents a time to focus on the children who visit the practice and the families who support them," said Dr. Hovey, DC. "The Toy Story theme and related activities gave younger patients a chance to participate in something fun while visiting the practice and receiving attention to their individual care needs."

The practice maintains a family-oriented setting that accommodates children during appointments. Dr. Hovey earned her Doctorate of Chiropractic from Northwestern Health Sciences University, graduating magna cum laude in 2014. Her additional professional education includes pediatric and prenatal chiropractic training through the International Chiropractic Pediatric Association, Epic Pediatrics, and the Pediatric Experience. She is also Webster certified.

Dr. Sonia Schwert, chiropractor at Wellhouse Chiropractic, also participated in the event. “The activities and free initial visits during Kids Week gave families an opportunity to learn more about the pediatric services offered at the practice,” said Dr. Schwert, DC. “The week created a welcoming setting for children and families while highlighting the importance of individualized attention during care.”

Dr. Schwert earned her Bachelor of Science in Human Biology and Doctorate of Chiropractic from Northwestern Health Sciences University. She is Webster certified and continues professional education through the International Chiropractic Pediatric Association and the Pediatric Experience. Her additional education includes perinatal care and coursework addressing care considerations for infants and children.

Wellhouse Chiropractic offers several chiropractic techniques as part of its services for patients of different ages. These include Diversified Technique, activator methods, and drop table options. The doctors determine which techniques to use based on the individual appointment and information gathered during the patient assessment. The practice describes its pediatric approach as focused on providing age-appropriate care within the scope of the services it offers.

Initial visits also give parents and guardians an opportunity to discuss their child’s needs, ask questions, and learn about the practice’s approach. If chiropractic care is provided, the doctor selects techniques based on the information gathered during the visit and the circumstances of the individual patient. This patient-specific approach allows families to receive information about the services available before continuing with care.

Kids Week gave families an opportunity to experience that approach in a setting that incorporated activities for younger visitors. Toy Story decorations established the theme, while the scavenger hunt and photo booth encouraged children to participate during the week. Snacks and additional activities rounded out the programming.

The free initial visits were offered during the August 17 to 21 event period. Families could schedule an introductory appointment and speak with a doctor about the practice’s pediatric services. The visits provided an opportunity to learn about the available services and discuss questions related to a child’s individual circumstances.

Continuing education is part of the doctors' professional development at Wellhouse Chiropractic. Dr. Hovey and Dr. Schwert continue education related to pediatric and perinatal care through professional programs in the chiropractic field. This training adds to their professional background and supports the practice's focus on providing services for children and families.

Kids Week concluded August 21 after five days of themed activities and pediatric-focused programming. The event combined an opportunity to learn about pediatric chiropractic services with activities intended to create a welcoming experience for children. The Toy Story theme, photo booth, scavenger hunt, snacks, and other activities gave families several ways to participate throughout the week.

Wellhouse Chiropractic has returned to its regular appointment schedule following the event. The Maple Grove practice continues to provide chiropractic services for children, adults, and families. Pediatric care remains one component of the practice's broader services, with the doctors drawing on their education and professional training when working with individual patients.

The recent Kids Week program gave Wellhouse Chiropractic an opportunity to connect with local families through a dedicated week focused on children. By combining family activities with introductory visits and information about pediatric services, the practice created a community-focused event that reflected its ongoing commitment to serving children and their families.

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For more information about Wellhouse Chiropractic, contact the company here: Wellhouse Chiropractic Dr. Rachel Hovey (763) 494-8787 frontdesk@wellhousechiro.org 11254 86th Ave N Maple Grove, MN 55369

Wellhouse Chiropractic

At Wellhouse Chiropractic, we offer nervous system-focused chiropractic care that addresses the accumulation of stress that disrupts nervous system

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