McClellan Family Chiropractic Conducts Staff Wellness Events at Ohatchee Elementary and Meridian Waste

September 14, 2026

RAINBOW CITY, AL - September 14, 2026 -
McClellan Family Chiropractic recently brought 10-minute chair massage sessions to staff at Ohatchee Elementary School and employees at Meridian Waste in Gadsden. The two workplace outreach visits took place on September 1 and September 9, respectively, according to event recaps shared by the practice. The visits reflect the Rainbow City chiropractic practice?s ongoing community work with local schools, companies, organizations, and sports teams.

On September 1, McClellan Family Chiropractic visited Ohatchee Elementary School in Ohatchee to provide brief chair massage sessions for teachers and staff during the school day. The practice later expressed appreciation for the welcome from the school community.

On September 9, the practice spent a morning with employees at Meridian Waste in Gadsden. Team members received 10-minute chair massage sessions during the workday. The format gave employees an opportunity to take a short break without leaving their workplace.

The two visits involved similar services in different community settings. One event focused on school staff, while the other involved employees at a local waste collection company. The sessions took place on site rather than at McClellan Family Chiropractic's Rainbow City office.

McClellan Family Chiropractic's website describes community outreach with companies, organizations, schools, and sports teams as part of the practice's activities. The clinic serves Rainbow City, Gadsden, and surrounding communities in Etowah County.

Drs. Mike and Leslie McClellan direct the practice. Dr. Mike McClellan graduated from Life University in 1986, while Dr. Leslie McClellan graduated from Life University in 1995 and joined the practice in 1996. The clinic's team information also describes their involvement with local schools and civic organizations.

The practice website describes McClellan Family Chiropractic as a family and performance-based chiropractic practice. It lists chiropractic services addressing concerns such as back pain, neck pain, headaches and migraines, shoulder pain, sciatica, disc injuries, and wellness care. These office-based services are separate from the brief chair massage sessions provided during the recent community outreach events.

The clinic also references The 100 Year Lifestyle, a health and longevity program, in its description of its approach to wellness. This reference provides context for the practice's broader wellness messaging but is separate from the purpose of the two recent outreach visits.

Dr. Mike McClellan, clinic director, stated, ?The chair massage sessions at Ohatchee Elementary and Meridian Waste were planned as brief workplace visits so teachers, school staff, and employees could take a short break during the day.?

Dr. Leslie McClellan, clinic director, stated, ?These events at the school and at Meridian Waste are part of the practice?s work with local schools and companies rather than a substitute for office care.?

The Ohatchee Elementary and Meridian Waste visits provide recent examples of McClellan Family Chiropractic's community outreach. By bringing short chair massage sessions directly to schools and workplaces, the practice can interact with local staff in their regular work settings.

McClellan Family Chiropractic continues to provide chiropractic care from its Rainbow City location while participating in community activities across the surrounding area. The September visits to Ohatchee Elementary and Meridian Waste add two recent examples of the practice's work with local schools and businesses.

McClellan Family Chiropractic is a family and performance-based chiropractic practice in Rainbow City. The clinic has provided care in Etowah County for more than 35 years and serves Rainbow City, Gadsden, and surrounding communities. The practice works with local companies, organizations, schools, and sports teams as part of its community outreach.

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For more information about McClellan Family Chiropractic, contact the company here:McClellan Family ChiropracticDr. Mike McClellan(256) 442-1441eathealthydr@gmail.com3731 Rainbow Dr Suite A, Rainbow City, AL 35906

McClellan Family Chiropractic

McClellan Family Chiropractic provides quality chiropractic care in Rainbow City and the surrounding areas while teaching The 100 Year Lifestyle principles of optimum health, longevity, and wellness.

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