



Wellhouse Chiropractic Recognizes Five-Year Tenure of Clinic Coordinator Kendra Simmer

October 13, 2026

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Wellhouse Chiropractic recognized Clinic Coordinator Kendra Simmer's fifth work anniversary on October 1, 2026, with a public post honoring her steady presence and her contributions to the practice's day-to-day operations.

Five years in a coordinator role is a meaningful milestone in a clinic where administrative work touches nearly every patient visit. As Clinic Coordinator, Simmer works with both the clinic's staff and the families who visit, and the practice's recognition described her as practical and efficient in supporting both groups. Her role supports the administrative side of patient visits and keeps her in regular contact with doctors, team members, and families alike. In marking the anniversary, the practice highlighted the continuity she has provided: five years of dependable presence in the clinic's daily operations.

"Five years is a long time to show up and contribute consistently, and Kendra has done that as our Clinic Coordinator," said Dr. Rachel Hovey, DC, chiropractor and owner of Wellhouse Chiropractic. "She found

chiropractic care through our practice, and between that and her athletic training background, she's brought a lot to how we run the clinic. We wanted to say thank you publicly, because the work she does every day matters to our team and to the families we see.

The recognition was shared in a public post on October 1, 2026. The post focused on the length of Simmer's service and the practical approach she brings to her work rather than on a personal profile. It described her as someone who supports clinic processes while working directly with families, which reflects the responsibilities of the coordinator title.

Dr. Sonia Schwert, DC, chiropractor at the practice, also commented on the milestone. "Five years of Kendra as our Clinic Coordinator says a lot about how much she supports the families and staff who come through here," said Dr. Schwert. "Her athletic training background gives her good perspective on where she fits in the team. We're glad to have her."

Simmer said the anniversary caught her by surprise. "Five years went by faster than I expected," said Simmer. "I love helping families feel at ease the moment they walk in, and I'm lucky to work with a team that supports each other. Athletic training and my own introduction to chiropractic care both led me here, and I'm grateful to still be part of it."

Simmer was born and raised in Alaska and later moved to Minnesota, where she earned a Bachelor's degree in Athletic Training from Bethel University. She was introduced to chiropractic care through Dr. Hovey, an experience that led her to develop an interest in the role of nervous system function in health. These details appear in her published biography on the Wellhouse Chiropractic website.

Alongside her work at the clinic, Simmer works part-time as an athletic trainer for Twin Cities Orthopedics, covering high school sports events when available. Her two roles, one in clinic coordination and one in athletic training, reflect a professional background that combines health-related education with hands-on work in her community.

Within the practice, Simmer is part of a collaborative team. Dr. Hovey serves as chiropractor and owner, Dr. Schwert serves as chiropractor, and Simmer holds the Clinic Coordinator position, which keeps her at the center of communication between the doctors, the staff, and the families who rely on the clinic. The October 1 post framed the anniversary as recognition of that continuity in coordination work, the kind of consistent, behind-the-scenes contribution that helps a family-oriented practice run day after day.

Wellhouse Chiropractic is a family-oriented chiropractic practice in Maple Grove, Minnesota, serving patients of all ages, including children and pregnant patients. Its doctors, Dr. Rachel Hovey and Dr. Sonia Schwert, list Webster certification, along with pediatric and prenatal training through the International Chiropractic

Pediatric Association, Epic Pediatrics, and the Pediatric Experience. The practice describes its approach as focused on nervous system function and selects techniques according to each patient's presentation.

Families and community members who would like to see the anniversary recognition can find the October 1, 2026 post on the clinic's public page, and Simmer's biography and the practice's team page are published on the Wellhouse Chiropractic website.

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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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