



YOU'RE INVITED

THE BE ALIGNED EXPERIENCE: COMMUNITY WELLNESS DAY

*Come experience a new standard of
health care—right here in your
community.*

June 27th, 2026

8:00 AM – 11:00 AM
10266 SAWMILL PKWY,
POWELL

RSVP or questions:
HELP@BEALIGNEDHEALTH.COM

Be Aligned Health To Host Community Wellness Day in Powell, OH

June 08, 2026

POWELL, OH - June 08, 2026 - PRESSADVANTAGE -

Be Aligned Health will host The Be Aligned Experience: Community Wellness Day on June 27 from 8 a.m. to 11 a.m in Powell. The free, family-friendly event invites area residents to explore approaches to health in a welcoming environment. Attendees can participate in a variety of activities designed to provide practical insights into wellness practices.

The event features behind-the-scenes clinic tours that allow visitors to meet the team and learn about daily operations. Participants will have the opportunity to experience a complimentary chiropractic evaluation and adjustment. Regenerative therapy demonstrations will showcase available options, while relaxing mini massage sessions offer a chance to experience hands-on care. Simple, practical education sessions will cover topics related to nervous system health and posture. The gathering emphasizes a fun and inclusive atmosphere, encouraging attendees to bring friends or family members.

This Community Wellness Day aligns with the clinic's ongoing commitment to community education and

health awareness. Be Aligned Health focuses on corrective chiropractic care, which seeks to address spinal alignment and posture to support overall function. The clinic's methods incorporate the 5 Essentials, including core chiropractic care for nervous system support, nutrition from natural foods, a healthy mindset for stress management, oxygen and exercise to build resilience, and minimization of toxins to aid natural processes.

Dr. Lee Thomas, Doctor of Chiropractic and founder of Be Aligned Health, has shaped the clinic's philosophy based on his experiences and training. After earning a degree in human biology and microbiology from Ohio State University in 2008, Dr. Thomas pursued advanced education in structurally corrective chiropractic techniques, nutrition, detoxification, exercise physiology, and physical therapy. He opened the clinic in December 2013 with his wife, becoming among the youngest private chiropractic clinic owners in Ohio at the time.

Dr. Lee Thomas commented on the upcoming event. "Community Wellness Day provides an opportunity for residents to engage directly with corrective care principles and experience how focused attention to alignment and wellness can support daily health."

Dr. Thomas Marks, Doctor of Chiropractic at Be Aligned Health, added perspective on the clinic's educational efforts. "Events like this allow us to share practical knowledge on nervous system health and posture, helping participants understand the foundations of our approach to care."

The clinic offers additional services that complement the themes of the wellness day. These include shockwave therapy, a non-invasive, FDA-approved regenerative treatment used for conditions such as plantar fasciitis and tennis elbow. Pregnancy and pediatric care incorporate techniques like Webster's Technique. Home rehabilitation resources, including video-guided exercises, support patients in maintaining progress between visits, with guidance to begin after an initial adjustment.

Wellness protocols at Be Aligned Health address common concerns such as back and neck pain, headaches, and sciatica through customized adjustments, rehabilitation, nutritional assessments, detoxification support, and exercise plans. The clinic also provides massage therapy sessions of varying durations to help ease tension and promote relaxation. These elements contribute to a comprehensive model that emphasizes identifying underlying factors in health.

Be Aligned Health has received recognition through independent community votes as one of the top chiropractic offices in Powell and surrounding areas in 2018 and 2022. Dr. Thomas has hosted Aligned with Life Radio since 2014 on local stations, discussing topics in structurally corrective chiropractic care, nutrition, and related health subjects. The team includes other providers such as Dr. Jay Briggs, a graduate of Palmer College of Chiropractic, and Meg Repas, Clinic Director, whose background in education and athletics informs patient support.

The Powell location serves residents across Delaware County and nearby communities. The clinic maintains policies to ensure consistent care, including membership options for regular access to services and advance notice requirements for certain appointments. By hosting events like Community Wellness Day, Be Aligned Health continues its tradition of community outreach and health education.

Interest in holistic and preventive health practices has grown in recent years. The upcoming event responds to this by offering hands-on experiences and information in a low-pressure setting. Attendees can explore how chiropractic principles integrate with broader wellness strategies without obligation.

The clinic's corrective care model aims to enhance spinal alignment and prevent recurring misalignments based on chiropractic theory. Research, including studies on spinal manipulation for back and neck pain, provides context for aspects of the care provided. Home exercise resources further support patient involvement in maintaining spinal health.

Be Aligned Health operates as a chiropractic clinic in Powell, Ohio, dedicated to corrective care and holistic wellness. Established by Dr. Lee Thomas in 2013, the practice combines structural adjustments with complementary therapies such as shockwave and massage to address health concerns. The clinic prioritizes patient education and personalized strategies, including community initiatives like its radio program and wellness events, to promote long-term health for individuals and families.

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For more information about Be Aligned Health, contact the company here: Be Aligned Health Dr. Lee Thomas 614-389-4945 BeAlignedHealth@gmail.com 10266 Sawmill Pkwy, Powell, OH 43065

Be Aligned Health

Our Doctors and Health Coaches in Powell provide a full spectrum of complementary care to help identify specific lifestyle deficiencies preventing you from functioning at 100%.

Website: <https://www.bealignedhealth.com/>

Email: BeAlignedHealth@gmail.com

Phone: 614-389-4945

