McClellan Family Chiropractic Conducts Workplace Wellness Event for Northwestern Mutual Team

August 13, 2026

RAINBOW CITY, AL - August 13, 2026 -
McClellan Family Chiropractic recently conducted a workplace wellness event for the team at Northwestern Mutual in Gadsden. The practice provided chair massage sessions during a visit to the Northwestern Mutual office, offering staff members brief periods of relaxation in their workplace setting.

The activity took place in August and aligned with the clinic?s established pattern of community outreach. McClellan Family Chiropractic works with local companies, organizations, schools, and sports teams to support health awareness. The Northwestern Mutual event involved time spent with the financial services team in Gadsden, consistent with similar sessions the practice has held for other area workplaces.

McClellan Family Chiropractic is a family and performance-based chiropractic practice located in Rainbow City. The clinic has provided care in Etowah County for more than 35 years and serves residents of Rainbow City, Gadsden, and surrounding communities. It incorporates principles of The 100 Year Lifestyle, which address optimum health, longevity, and wellness through daily habits and chiropractic care.

Drs. Mike and Leslie McClellan serve as clinic directors. Dr. Mike McClellan graduated from Life University in 1986 and holds a bachelor?s degree in Business Administration from Penn State University. Dr. Leslie McClellan graduated from Life University in 1995 and holds a bachelor?s degree in Health and Physical Education from Slippery Rock University. The two have directed the practice together since the mid-1990s.

The team includes Dr. Dan McClellan, who has practiced for 32 years, along with Dr. Joshua Taylor, Dr. Clayton Koon, and Dr. Alex Randolph. These practitioners support both clinical care and outreach activities such as the Northwestern Mutual visit.

The clinic?s services focus on chiropractic care for conditions including back pain, neck pain, headaches, shoulder pain, carpal tunnel syndrome, sciatica, and disc injuries, as well as general wellness.

Family-oriented care is also available. Outreach events complement office-based services by bringing brief wellness sessions into professional environments.

Workplace visits such as the one with Northwestern Mutual allow the practice to interact with local professional teams. Chair massage sessions provide a practical demonstration of relaxation techniques in a non-clinical setting. The Gadsden Northwestern Mutual office, located at 715 Walnut Street, is among the nearby businesses the clinic has engaged.

Dr. Mike McClellan, clinic director, stated, ?Workplace events provide an opportunity to share basic principles of spinal health and relaxation with teams in their own professional environments.?

Dr. Leslie McClellan, clinic director, stated, ?Connecting with local businesses through short wellness sessions supports the clinic?s focus on community engagement.?

Chiropractic practitioners complete undergraduate studies followed by professional training at a chiropractic college. The educational process includes classroom instruction and supervised clinical experience. McClellan Family Chiropractic applies this training in both patient care and community activities.

The Northwestern Mutual event forms one example of the clinic?s ongoing outreach. Similar sessions have been held for other local groups, including educational and medical workplaces. These efforts remain centered on practical, accessible wellness experiences.

McClellan Family Chiropractic continues to participate in community initiatives while maintaining its clinical focus in Rainbow City. The practice combines hands-on chiropractic methods with lifestyle guidance drawn from The 100 Year Lifestyle framework.

The full team contributes to both patient care and external events. This structure supports continuity in the office and participation in local workplace activities. The August visit with Northwestern Mutual illustrates the clinic?s engagement with area professional teams.

Spinal health remains a core element of the services offered. Evaluations and adjustments address structural considerations as part of individualized care plans. Outreach activities extend these concepts beyond the clinic walls in a limited, event-based format.

McClellan Family Chiropractic has operated in the Rainbow City area for more than three decades. Its approach emphasizes family and performance care alongside community involvement with businesses such

as Northwestern Mutual.

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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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