



# SAM AXTMAN

WELLNESS COORDINATOR

## BACKGROUND

Sam grew up in Denver and graduated from Littleton High School. She experienced the power of chiropractic for wellness when she was young. Sam has worked in retail and the food industry but was excited to take the step to work in something closer to her career.

Sam is an avid sports fan. She played basketball and threw shot put and discus in high school. Recently, she started playing rugby and fell in love with the sport. She loves to lift weights as well. Sam hopes to take her experience in sports and healing to become an athletic trainer and help students heal from their injuries.

## EDUCATION

Sam is currently in her junior year at the University of Denver. She is studying Physiology with minors in Medical Physics, Kinesiology and Sports Studies. Sam is hoping to pursue a career in Athletic Training or Chiropractic.

## WHY CHIROPRACTIC?

Sam is excited to continue to explore the power of holistic healing through the power of chiropractic, massage, acupuncture, etc. She is excited to do her part to help people heal and get the treatment they need. With the location being so close to school, it made perfect sense! Sam's mom is currently a student at Palmer College of Chiropractic in Davenport Iowa!

## WHAT DO YOU LOVE TO DO IN YOUR FREE TIME?

When Sam has downtime, she loves to cook, bake, and try out new recipes. She loves to watch movies and read books when she has a chance to sit down.