

Hello, I'm Dr. Valarie Dills, and I'm proud to be the new Clinical Director at First Choice Chiropractic right here in Newark, Ohio.

As a licensed chiropractor and family physician in the state of Ohio, I'm passionate about helping people of all ages feel their best—from newborns to seniors.

My focus is general family practice, and I specialize in pregnancy care, infant and child adjustments, and the Webster Technique, which can ease pregnancy discomfort and support healthy fetal development.

I also offer gentle, effective therapies like gua sha, dry needling, and activator methods to help relieve pain and restore movement—so you can get back to doing what you love.

If you're looking for a chiropractor who truly listens and takes a whole-person approach to care, I'd love to meet you.

Call First Choice Chiropractic at [inset phone number] or visit **First Choice Chiropractic online** to schedule an appointment, now!

I look forward to caring for you and your family.