

Words You Can Trust

by Sara Adams

You may have met Elena Prudsky...she is a figure skating coach at Sugar Land Ice & Sports Center. Before she and her family moved to Sugar Land, she was a Russian Olympic ice skater. She has won silver at three senior international competitions, and she also won an Emmy for choreography in the 2002 Winter Olympics in Salt Lake City. During one of her shows, Elena dislocated her hip and has been bothered by that injury off and on through the years. And like most professional athletes, it is not uncommon for her to incur new injuries as a natural part of her physically challenging job.

In 2003, Elena was looking for a chiropractor that was convenient to her home and the ice rink. She had her first appointment with Dr. Steve Harris of Sugar Land Health Center and was pleased with the results. When she talks about her first visits with Dr. Harris, she says she experienced noticeable improvement. Then one day she realized she didn't have any pain. Elena says, "He fixed me pretty good."

Elena has worked with Dr. Harris off and on for the past fourteen years. When the need arises, she seeks his help. She has even referred coworkers and friends as well as her husband, who is also a figure skating coach. Elena is a firm believer in the benefits of good chiropractic care and she trusts Dr. Harris. She says, "I trust Dr. Harris because I know if he says he can fix it, he fixes it."

Dr. Harris offers chiropractic care, pain relief, spinal decompression, and rehabilitation. He is well respected among his colleagues and the community as a philanthropist and humanitarian. Dr. Harris opened Sugar Land Health Center in 1982, and recently celebrated his 40th anniversary in his chiropractic practice. He is known for incorporating new technology and techniques that complement his safe and holistic approach.

You don't have to be a professional athlete to benefit from Dr. Harris's expertise and you don't have to wait for a friend to refer you.

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If you are bothered by back or neck pain, you can take advantage of Dr. Harris's new patient special. Call and speak with his warm and friendly office staff, they will schedule your free exam and consultation. You can live without pain sooner than you think. Like Elena says, "If Dr. Harris says he can fix it, he fixes it."

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(\$125 value)*

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If you live with back pain,
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*Does not apply to Medicare or Personal Injury.

Sugar Land Health Center

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