

Dr. Lipoff: Caps with Foundation 4 Heroes at Race for Every Child

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Last weekend was a wonderful event called the Race for Every Child held by Children's National Hospital. The Race raised over \$1 Million for helping with care, medical costs and research.

We were fortunate to have a Washington Capitals player join us. Caps defenseman, Karl Alzner, learned what the Foundation 4 Heroes is all about, what we were doing that Saturday and he and his wife wanted to be a part of it.

Steve Olesky was also hoping to come by but practice prevented him from doing so. We appreciate it anyway.

Karl joins a growing list of supporters like Alice Cooper, Steve Lukather, Olie Kolzig, Clinton Portis and Dez Bryant that have offered support for what the Foundation is trying to do for sick children. Their support and your donations help us do this for the kids.

If you don't have a favorite Caps player, check out these photos of Karl taking time to play with the kids and go one on one with Batman.

With all the bad news of these pro athletes in the news, how refreshing is it to hear one of our own is a great role model for kids. Karl Alzner is an athlete we can believe in and support. Go Caps!



Dr. Jay M. Lipoff is the owner of Back At Your Best Chiropractic & Physical Therapy, LLC, which is located in the Wildewood Shopping Center. Dr. Lipoff is also the author of ["Back At Your Best; Balancing the Demands of Life With the Needs of Your Body." It is available in book and Kindle format at Amazon.](#)

He received his Bachelor of Science degree from Syracuse University in 1990, a Doctorate of Chiropractic (D.C.) from New York Chiropractic College (NYCC) in 1994 and he became a Certified Fitness Trainer (CFT) in 2005.

Dr. Lipoff is an Executive Board Member, International Chiropractic Association Council on Fitness and Sports Health Science; has a radio segment: Back At Your Best in 5 Minutes or Less, President and Founder; Foundation 4 Heroes, Contributing writer, Huffington Post' Co-Founder, Drug Free Training USA; Member, NY Strength-promoting the importance of physical conditioning; Board Member of Public Relations Committee, Maryland Chiropractic Association; has

spoken on nationally broadcasted radio interviews, has articles in print and referenced in over 100 print papers, magazine and on websites, President, Wildewood Business Network-promoting better business relations and community outreach.

For more information, go to www.BackAtYourBest.com, find us on facebook, or call 301-863-BEST (2378). www.f4heroes.com

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