

## Volunteer Star



**CHIROPRACTOR  
7 Years**

**LAUREN SCHOFIELD, D.C.**

### **What duties do you perform in your volunteer role at CVIM?**

I provide analysis, treatment and education in the following areas for CVIM patients: chiropractic adjustments, myofascial release, postural rehabilitation, pain management, cold laser therapy, and sports chiropractic.

### **What brought you to volunteer at CVIM?**

Volunteerism has been an integral part of my life since my teenage years when I spent countless hours volunteering at the Upper Main Line YMCA. Once I joined the professional realm of chiropractic care, I knew I would not feel complete without a strong commitment to volunteerism in the Chester County community. While compiling possible outlets for this passion, I came across CVIM's vision statement and knew I would be joining like-minded professionals.

### **How does volunteering at CVIM make you feel?**

I love many aspects of my profession, but what gets me out of bed in the morning is when I change the course of someone's life and guide them on the journey to wellness. Many of my patients express gratitude to me for my support in helping them to heal. The result is sustained feelings of happiness, fulfillment and gratefulness.

### **What would you tell your friends to interest them in volunteering at the clinic?**

CVIM really knows how to use their volunteers to maximum advantage. One of the most frequent concerns of volunteers in general relates to how well the organization is using their time, abilities and knowledge effectively. At CVIM the staff and fellow volunteers run a tight ship, utilizing my time and talents, as well as those of the other medical professionals, to achieve the largest possible positive impact on CVIM patients.

### **Have you recruited any other volunteers to work at CVIM?**

Yes, I have brought an incredibly talented chiropractic professional into the CVIM fold: Dr. Jacqueline Waice.

### **What other hats have you worn?**

I run a private chiropractic practice in West Chester. I am a radio personality on WCHE 1520AM, hosting *The Wellness 411 Show*, serving as the health expert on *The Sports Chatter*, and co-anchoring the morning news on *The Morning Magazine*. In addition, I am the current medical blogger on [www.ChesterCounty-Pa.com](http://www.ChesterCounty-Pa.com). I am active in a variety of volunteer activities for the Arthritis Foundation and Unite for HER. Currently, I am on the Board of Physicians at ACAC and a community partner of LA Fitness. In addition, I was a past board member for Community That Cares, an organization that builds programs for children so they don't turn to drugs and alcohol.

**When you're not at CVIM, what are a few of the things you do for enjoyment?**

Not many things can beat a lovely glass of red wine while sinking my toes into the Avalon sand. No matter where I am or what I am doing, I must have music playing. I enjoy creating a soundtrack to my life – almost like the best of mixed tape. To ensure I practice what I preach to my patients, exercise is incorporated into my daily schedule. However, what I really enjoy is spending time with friends. I consider myself extremely lucky to be surrounded by incredible friends. Like the old Irish proverb, “A best friend is like a four leaf clover; hard to find and lucky to have.”

