

Whole Body Wellness Comes to Southborough!



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Residents of Southborough and the surrounding areas have a new place to access whole health products, nutritional advice, wellness education, and chiropractic care.

Southboro Wellness is located at 205 Turnpike Rd in Southborough (adjacent to Sperry's Market and Red Barn Coffee Roasters on Route 9).

Ken and Brooke Stillwell founded Southboro Wellness seeking to educate members of the community on how to be proactive with their health and encourage them to be wellness-minded. Brooke, a chiropractor, has a passion for helping others on their road to whole health and wellness. Since 2002, Brooke has been helping family, friends, and patients live their best lives through chiropractic adjustments, wellness education, and nutritional advice.

“I am beyond excited to be taking on this new adventure at Southboro Wellness,” said Brooke. “Over the years, I have seen amazing things happen in the lives of people who are willing to work on their health and change their mindset. It is my firm belief that through education and lifestyle change there is no limit to how the body can heal.”

Southboro Wellness is a place where you can stop in and browse our whole food supplements, herbal products, essential oils, and non-toxic body and home products. The business offers an array of brands including Standard Process and Yummi Bear Supplements for kids, Natural Vitality Calm products, Vital Proteins, and more. The store also carries items from Aisling Organic Makeup line and Ancient Apothecary Essential Oils. You can also grab a nutritional snack from Simple Squares. In addition, Southboro Wellness also offers chiropractic care and nutritional advice.



Southboro Wellness is excited to offer these services and products with the goal of promoting overall health and assisting you on your path to Living Your Best Life!

Southboro Wellness is open 10-6 Monday-Thursday, 10-5 Fridays and 9-12 on Saturdays. Dr. Brooke is currently accepting new patients and always welcomes those interested in improving their overall health. Please visit www.southborowellness.com, call 508-667-0714, or visit us for more information.