



HAPPY NEW YEAR!



JANUARY 2026 NEWSLETTER

DO YOU HAVE JAN. APTS?

January is the perfect time to reset your health—not just your goals.

Scheduling and keeping your chiropractic appointments helps your body recover from holiday stress, travel, poor posture, and cold-weather tension.

Consistent care supports:

- Better posture & spinal alignment
- Less pain, stiffness & headaches
- Stronger immune and nervous system function
- More energy, focus & mobility
- Faster progress toward long-term results

Chiropractic works best with consistency. Each visit builds on the last, helping your body adapt, heal, and stay balanced. Skipping or spacing visits too far apart can slow your progress and bring symptoms back.

Start the year off strong by making your health a priority. Keep your appointments, stay consistent, and give your body the support it needs to thrive all year long. 🎉👏

REMINDERS

If you have not renewed your ECS, you will be required to do so at your next appointment.
Thank you!

BIGGEST LOSER CONTEST!

🎉 **21-Day Cleanse Contest!** 🎉

Want to feel better and have fun?
Join our 21-Day Cleanse!

Eat cleaner, feel lighter, boost your energy, and build healthy habits. Follow the plan, stay consistent, and you'll be entered to WIN a prize at the end! 🌿👏
Easy. Fun. Worth it!

Sign up at the front desk!

