

Adjusting Hours

AM Hours: 9:00 - 11:00 M,W,TH  
 PM Hours: 3:30 - 6:00 pm M, T,W,TH

Nutritional Coaching by Appointment

# Nervember 2018

*Thankfulness Month*

**Camp Hill Family**  
**CHIROPRACTIC**

wellness made simple  
 717-761-8840

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h2>Massage News!</h2> <p>Now offering Hot Stone Massage and Gift Certificates!</p> <p>~~~~~</p> <p>Did you know we're open on Saturdays?</p> <p>~~~~~</p> <p>Go to <a href="http://CampHillMassageTherapy.com">CampHillMassageTherapy.com</a> to check out our therapy offerings, hours and our HOLIDAY SPECIALS!</p>				<p>1</p> <p><b>Special Hours Open 3:30-6 only</b></p>	<p>2</p>	<p>3</p> <p>Children grow up to 250,000 nerves per minute.</p>
<p>4</p> <p><b>Food Drive for New Hope</b></p>	<p>5</p> <p>Happy Birthday Dr. Jeff</p> <p><b>Order Supplements by Noon Today!</b></p>	<p>6</p>	<p>7</p> <p>Nerve messages travel at 180 MPH.</p>	<p>8</p>  <p>6:00 PM 30 Minutes to Wellness Talk</p>	<p>9</p>	<p>10</p> <p>There are more nerve cells in the brain than stars in the Milky Way.</p>
<p><b>Dr. Jeff's Birthday Week - 20% Off Products!</b></p>						
<p>11</p> <p><b>Food Drive for New Hope</b></p>	<p>12</p> <p><b>YES...WE ARE OPEN</b></p>	<p>13</p> <p>There are 100 Billion nerve cells in the brain.</p>	<p>14</p>	<p>15</p>  <p>Dinner Talk with Dr. Jeff 6:30 PM Isaac's</p>	<p>16</p> <p>Your nerves control every cell, organ and tissue.</p>	<p>17</p>  <p>We're <b>THANKFUL</b> for our patients!</p>
<p>18</p> <p><b>Food Drive for New Hope</b></p>	<p>19</p> <p><b>Order Supplements by Noon Today!</b></p>	<p>20</p> <p><b>Special Hours Open 9-11 &amp; 3:30-6</b></p>	<p>21</p> <p><b>Last Day to drop off food</b></p>	<p>22</p>  <p>Happy Thanksgiving</p> <p><b>OFFICE CLOSED</b></p>	<p>23</p> <p><b>Black Friday Massage Special</b></p>	<p>24</p> <p><b>Small Business Saturday Massage Special</b></p>
<p>25</p>  <p>Headaches? THINK Chiropractic</p>	<p>26</p> <p><b>Cyber Monday Massage Special</b></p>	<p>27</p>	<p>28</p> <p>There are 13.5 million nerve cells in the spinal cord.</p>	<p>29</p>	<p>30</p>  <p>Ask about our Lunch-n- Learns!</p>	