

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

# May 2019

National "Correct Posture" Month

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

wellness made simple  
 717-761-8840

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Get your mom a massage!</p> <p>CampHillMassageTherapy.com</p>			<p>1</p>  <p>Ask Dr. Jeff about Text Neck!</p>			<p>4</p>  <p>Earn Boney Bucks! Refer a New Patient</p>
<p>5</p>  <p>Earn Boney Bucks! Refer a New Patient</p>	<p>6</p> <p>Order Supplements by Noon Today!</p>					<p>11</p>  <p>Download the PostureZone app!</p>
<b>See Yourself HEALTHY</b>						
<p>12</p> 	<p>13</p> <p>MOMS! We have a flower for you!</p>			<p>16</p> <p>Open 3:30-6 PM only</p>	<p>17</p>  <p>Ask about our Lunch-n-Learns!</p>	<p>18</p>  <p>Earn Boney Bucks! Refer a New Patient</p>
<b>STOP Exploring Symptoms</b>						
<p>19</p>  <p>Earn Boney Bucks! Refer a New Patient</p>	<p>20</p> <p>Order Supplements by Noon Today!</p>					<p>25</p>  <p>What are you doing to improve your posture?</p>
<b>Chiropractic has NOTHING to do with Pain</b>						
	<p>27</p>  <p>CLOSED</p>	<p>28</p> <p>Open AM &amp; PM</p>				
<b>TRUST Your Body!</b>						