

# Adjusting Hours

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

# June 2017

Camp Hill Family

CHIROPRACTIC

wellness made simple

761-8840

Nutritional Coaching by Appointment

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Special Summer Hours</b></p> <p>Wednesday Morning extended hours 8:00-12:00</p> 			<p><b>We now have Massage Therapy!</b></p> <p>Please Welcome Dedra Baker, LMT!</p> <p>~ Visit AsanaMassageTherapy.com schedule an appointment.</p>	<p>1</p>  <p>6:00 PM 30 Minutes to Wellness Talk</p>	<p>2</p>	<p>3</p> <p>I'm So Tired</p>  <p>THINK Chiropractic</p>
<p>4</p>	<p>5</p> <p>Order Supplements by Noon Today!</p>	<p>6</p>  <p>11:00 AM 30 Minutes to Wellness Talk</p>	<p>7</p> <p><b>Wed Hours 8-12 &amp; 3:30-6</b></p>	<p>8</p>  <p>Dr. Jeff speaking at Flight Systems</p>	<p>9</p>  <p>Does your company do wellness talks? We'd love to participate!</p>	<p>10</p>  <p>Share Chiropractic</p>
Vertebra of the Week: L4 Affects sciatica, lumbago, backaches, difficult, painful and/or frequent urination						
<p>11</p>	<p>12</p> <p>Dr. Mark Covering 9-11 &amp; 3:30-6</p>	<p>13</p> <p>Sorry We're CLOSED</p>	<p>14</p> <p>Dr. Mark Covering 8-12 &amp; 3:30-6</p>	<p>15</p> <p>Sorry We're CLOSED</p>	<p>16</p> <p>Dr. Jeff is Back! 9-11 &amp; 3:30-6</p>	<p>17</p>  <p>Eat Your Fresh Fruit Today!</p>
Special Hours this Week						
<p>18</p> <p>HAPPY FATHER'S DAY</p> 	<p>19</p> <p>Order Supplements by Noon Today!</p>	<p>20</p>	<p>21</p> <p><b>Wed Hours 8-12 &amp; 3:30-6</b></p>	<p>22</p>  <p>Dinner talk with Dr. Jeff 6:30 PM</p>	<p>23</p>	<p>24</p>  <p>Exercise</p>
Vertebra of the Week: L5 Affects leg cramps, cold feet, swollen ankles, poor leg circulation, weak ankles and legs						
<p>25</p>  <p>1/2 your body weight in ounces each day!</p>	<p>26</p>  <p>Headaches? Think Chiropractic!</p>	<p>27</p>	<p>28</p> <p><b>Wed Hours 8-12 &amp; 3:30-6</b></p>	<p>29</p>  <p>2:30 PM 30 Minutes to Wellness Talk</p>	<p>30</p>  <p>Chiropractic For Everyone</p>	
Vertebra of the Week: Sacrum Affects sacro-iliac conditions, difficult birth, sciatica						