

Wellness Voice



AND FAMILY WELLNESS CENTER

18047 West Catawba Ave, Suite A Cornelius, NC 28031

(704)896-1983

Our services

- Specific chiropractic adjustments
- Spinal rehabilitation
- Disc Decompression
- Life style changes to promote total wellness
- Weekly wellness workshops educating patients on the health topics, that effect their family.

**Healthiness
Is
Happiness**

The Doctor of the future
will give no medicine,
but will interest his patients in the
care of the human frame,
in diet, and in the cause and
prevention of disease.

- Thomas Edison

Healthy New You!



Health Pass

Health History & Consultation
Spinal Examination
Report of Findings
X-rays (up to 2 views, if necessary)

\$25!

Value up to \$189
in savings
Expires Feb 26th

IF YOU DECIDE TO PURCHASE
ADDITIONAL TREATMENT YOU HAVE
THE LEGAL RIGHT TO CHANGE
YOUR MIND WITHIN 3 DAYS AND
RECEIVE A REFUND

Wellness tips of the Month

1. Switch your synthetic multi-vitamin to a whole food based multi-vitamin. Your body will absorb the nutrients far more readily .
2. Make time to workout as a family at least once a week. Not only will your whole family be healthier, you'll be closer.
3. Consider taking a fish oil supplement. The Omega 3's are great for the health of your heart, brain, joints, and play a roll in maintaining a positive mood.
4. Get your posture and your spine checked by a chiropractor. Posture is a good visual indicator of

global spinal position. Good posture typically indicates a healthy spine and poor posture often indicates a spine that should be evaluated.

Suffering From?

- Poor Posture
- Pregnancy Discomfort
- Stress
- Fatigue
- Decreased Energy
- Headaches
- Infertility
- Joint Pain
- Neck Pain
- Back Pain
- Scoliosis
- Asthma
- Allergies
- Carpal Tunnel
- Digestive Difficulties
- Extremity Numbness and Tingling
- ADHD
- TMJ
- Sports Injuries
- Whiplash

Healthy New You!

Health Pass

- Health History & Consultation
- Spinal Examination
- Report of Findings
- X-rays (up to 2 views, if necessary)

\$25!

Value up to \$189
in savings
Expires Feb 26th

IF YOU DECIDE TO PURCHASE
ADDITIONAL TREATMENT YOU
HAVE THE LEGAL RIGHT TO
CHANGE YOUR MIND WITHIN 3
DAYS AND RECEIVE A REFUND.

We can Help!



**Hoctor Chiropractic and
Family Wellness**

Adjusting Hours:

**Mon, Wed, Fri: 9:00-1:00 and
2:30-6:30**