

As we step into 2026, let's turn the page on the past and embrace a fresh start. This is *your* year — a journey dedicated to self-care, well-being, and positive changes. Imagine waking up each day feeling energized, balanced, and truly happy. It's not about perfection; it's about progress, kindness to yourself, and building habits that nourish your body, mind, and spirit.

The new year is the perfect time to set intentions rather than rigid resolutions. Intentions guide us gently, allowing room for growth and grace.

Dates to Remember this month:

Thursday, January 1st - CLOSED

Thursday, January 29th - Open all day, 10-12:30 & 3-6:30

Friday, January 30th - CLOSED

Have a Happy and Healthy New Year!

Best in Health,

Lancaster Chiropractic Life Center

# January

2026

Thurs, January 1st: CLOSED

Thursday, January 29th: Open 10-12:30 & 3-6:30

Friday, January 30th: CLOSED

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
	10:00am - 12:30pm 3:00 - 6:30pm	10:00am - 12:30pm 3:00 - 6:30pm	10:00am - 12:30pm Closed PM Hours New Year's Eve	New Year's Day CLOSED	10:00am - 12:30pm	
4	5	6	7	8	9	10
	10:00am - 12:30pm 3:00 - 6:30pm	10:00am - 12:30pm 3:00 - 6:30pm	10:00am - 12:30pm 3:00 - 6:30pm	3:00 - 6:30pm	10:00am - 12:30pm	
11	12	13	14	15	16	17
	10:00am - 12:30pm 3:00 - 6:30pm	10:00am - 12:30pm 3:00 - 6:30pm	10:00am - 12:30pm 3:00 - 6:30pm	3:00 - 6:30pm	10:00am - 12:30pm	
18	19	20	21	22	23	24
	10:00am - 12:30pm 3:00 - 6:30pm MLK, Jr. Day	10:00am - 12:30pm 3:00 - 6:30pm	10:00am - 12:30pm 3:00 - 6:30pm	3:00 - 6:30pm	10:00am - 12:30pm	
25	26	27	28	29	30	31
	10:00am - 12:30pm 3:00 - 6:30pm	10:00am - 12:30pm 3:00 - 6:30pm	10:00am - 12:30pm 3:00 - 6:30pm	*10:00am - 12:30pm* 3:00 - 6:30pm	CLOSED	

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