

LANCASTER CHIROPRACTIC LIFE CENTER

\$15 New Patient Special

During the Month of March - to celebrate our anniversary!
Includes Consultation/Exam, X-rays (if necessary), 1st adjustment & Report of Findings.

Patient Appreciation Day

Wednesday, March 11th - Refreshments & a Raffle to Win \$100 of care. We want to say Thank You for a Wonderful 15 years!

Thank you for your Referrals!

Michael & Naomi, Anatolii, Max, Jami, Rachael, Jodee, Amy, Dave & Patti, Amanda, Dave, Lauren, Paulina, Marie

Upcoming Dates

Thursday, April 2nd: Open 10-12:30 & 3-6:30

Friday, April 3rd - Monday, April 6th: Closed

Tuesday, May 5th: Closing at 12:30. No afternoon hours.

Week of May 18th: Summer Hours begin

Celebrating 15 Years of Care Together!

We are excited to celebrate our 15 year anniversary in March, a milestone that wouldn't be possible without you. For the past 15 years, you've trusted us to be a part of your health journey.

We are deeply grateful for your continued loyalty, your kind words, your referrals, and the privilege of caring for you and your families. Thank you, for choosing us and being the heart of our practice. Here's to many more years of health and healing together!

Chiropractic to Support a Healthy Immune System

Research has shown that people with immune challenges not only have problems with how their immune system is functioning but they also have problems with how their nervous system is functioning. Chiropractic teaches us that all health challenges boil down to the inability to adapt to physical, chemical and emotional challenges we experience every single day.

This is the thinking when it comes to immunity and the physical obstructions between the nervous system, the immune system and the brain. Think about crossed wires, poorly written computer code or stepping on a garden hose with water flowing through it.

Our body's ability to adapt to internal and external health challenges and mount an immune defense and repair response is key to overcoming the results of the physical, chemical and emotional stresses that fundamentally cause all human ailments.

One of the most important ways chiropractors help do this to make sure the nervous system is not being obstructed and the connections are good. This is because the nervous system controls and coordinates all functions of the body - including the immune system.

Because the nervous system controls and coordinates all functions in the body, obstructing or disconnecting it can have an effect on every function of the body - and it often does.

These obstructions are referred to as vertebral subluxations in the scientific literature and adjusting them is how chiropractic helps people get and stay healthy.

March

2026

15 Year Anniversary Month
\$15 New Patient Special ALL Month

March 11th: Patient Appreciation Day!
Refreshments and a Raffle for \$100 Credit for Care

All Patients Must Be Checked-In and Present No Later Than 5 Minutes Before Closing in Order To Be Seen

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	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	
8	9	10	11	12	13	14
Daylight Saving Time Begins	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	
15	16	17	18	19	20	21
	10:00am - 12:30pm 3:00 - 6:30pm	10:00am - 12:30pm 3:00 - 6:30pm St. Patrick's Day	10:00am - 12:30pm 3:00 - 6:30pm	3:00 - 6:30pm	10:00am - 12:30pm Spring Equinox	
22	23	24	25	26	27	28
	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	
29	30	31				
	10:00am - 12:30pm 3:00 - 6:30pm	10:00am - 12:30pm 3:00 - 6:30pm				

After-Hours New Patient/Scheduled Appointments (12:30pm & 6:30pm) will start promptly on time