

LANCASTER CHIROPRACTIC LIFE CENTER

Friends & Family Week: May 11th - May 15th

Free First Visit, For Your Referrals
- 1 Week Only! Space is
Limited, Schedule ASAP.

Thank you for your Referrals!

Richard, Lisa, Victoria, Shelly,
Mariella, Geraldo

Upcoming Dates

Tuesday, May 5th: Open
10-12:30 Only. Closed PM
Hours.

Week of May 18th: Summer
Hours begin

Monday, May 25th: Closed for
Memorial Day

Wednesday, June 24th: Open
10-12:30 Only. Closed PM
Hours.

Thursday, June 25th: Dr.
Melissa Covering

Monday, July 13th: CLOSED

Tuesday, July 14th: Dr. Melissa
Covering

Wednesday, July 15th: CLOSED

Thursday, July 16th: Dr. Melissa
Covering

A Small Change to Our Walk-In Hours

Starting in May, walk-ins will end at **12:20 PM** and **6:20 PM** (10-
minutes prior to closing).

We hope this small change helps us avoid the end-of-day rush so we
can stay on time and give each of you the quality care you deserve.
We believe this change will benefit everyone. Thank you for your
understanding and for being such loyal patients - we truly
appreciate you!

When Structure Fails, Adaptability Follows

From Volume 25, Issue 2 of Coherence by Matthew McCoy, DC

Imagine waking up one day and realizing your body has slowly
drifted out of alignment for years. Your head juts forward, shoulders
round, rib cage collapses inward. Breathing becomes shallower,
energy drops, balance feels slightly off, and everyday activities like
playing with grandchildren or carrying groceries grow noticeably
harder. Most people blame it on “just aging.”

The reality is more serious. These changes often begin decades
earlier and point to progressive spinal deformity—forward head
posture, loss of cervical lordosis, thoracic hyperkyphosis, and global
sagittal imbalance. Far from cosmetic issues, these patterns reflect
neurological disorganization, reduced adaptive capacity, and
widespread vertebral subluxation: a systemic disconnection that
erodes the body’s internal coherence and its ability to handle daily
stresses.

For too long, these postural shifts have been dismissed as normal
results of desk work or aging. Research tells a different story.
Progressive spinal deformities are linked to impaired breathing,
poor balance, chronic pain, increased falls and fractures, declining
physical function, lower quality of life, and even higher mortality.
Hyperkyphosis predicts earlier death, loss of spinal curves predicts
disability, and forward head posture often signals a nervous system
struggling to process information efficiently.

Chiropractors have understood this for over a century. Vertebral
subluxation is not just a small misalignment—it distorts
communication between brain and body, interfering with healing
and adaptation. Chiropractic adjustments restore structural
alignment, clear neurological interference, and help rebuild the
body’s natural coherence.

Posture is more than appearance—it reveals how well your nervous
system is adapting to life. Protecting spinal health may be one of
the most important steps you can take for lasting vitality and
resilience.

May

2026

Tuesday, May 5th: Open 10-12:30 Only. Closed PM Hours
 May 11th-May 15th: Friends & Family Week - Free 1st Visit

Summer Hours Begin Week of May 18th:
 M-Th 10-12:30 & 3-6:30
 CLOSED Memorial Day

****Walk-ins End 10-Minutes Prior To Closing****

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

Walk-ins end at 12:20 PM & 6:20 PM. Thank you!