

LANCASTER CHIROPRACTIC LIFE CENTER

“Just because you’re taking summer vacations, doesn’t mean your spine should too! Stay adjusted this summer!”

Office Hours:

M-Th 10-12:30 & 3-6:30

Thank you for your Referrals!

Kathy, Rachele, Jill, Cheri, Julia, Paulina, Carol W., Juliana, Chad, Lisa, Carol K., Jose

Upcoming Dates

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

June Wellness Reminder: Stay Active & Healthy This Summer

As summer begins, many people become more active with travel, yard work, gardening, sports, and outdoor activities. While these activities are great for your health, they can also place added stress on your spine, muscles, and joints if your body is not properly prepared. A few simple habits can help you stay comfortable, active, and pain-free all season long.

1. *Stay Hydrated* - Proper hydration is important for muscle function, joint mobility, and recovery. Dehydration can contribute to muscle tightness, cramping, and fatigue — especially during hot weather or outdoor activities. Try to increase your water intake on warmer days and during physical activity.

2. *Stretch Before Outdoor Activities* - Many summer aches and pains happen because people jump right into physical activity without warming up first. Gardening, golfing, biking, hiking, yard work, and even long walks can strain tight muscles and joints. A few minutes of stretching before and after activity can help improve flexibility and reduce the risk of injury.

3. *Don't Ignore Minor Stiffness* - Small aches and stiffness can become larger problems if left untreated. If you notice recurring discomfort after travel, yard work, or increased activity, addressing it early may help prevent more serious flare-ups later.

Summer Travel Tip: Protect Your Back on Road Trips

Summer travel often means spending long hours sitting in the car. Prolonged sitting can increase pressure on the lower back and contribute to neck and shoulder tension.

Here are a few simple ways to stay comfortable during long drives:

- Sit with your seat fairly upright rather than reclined
- Keep both hands on the wheel when possible
- Take stretch and walking breaks every 1–2 hours
- Avoid keeping a thick wallet in your back pocket while driving
- Use a small lumbar support or rolled towel behind the lower back if needed

Even brief movement breaks can help improve circulation and reduce stiffness.

June

Weds, June 24th: 10-12:30 ONLY. Closed PM Hours

2026

Thursday, June 25th: Dr. Melissa Covering

Walk-ins End 10-Minutes Prior To Closing

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

Walk-ins must arrive by 12:20pm/6:20pm in order to be seen. Thank you!