

LANCASTER CHIROPRACTIC LIFE CENTER

Healthy Habits for August

 Start your day with a short walk.

 Stay hydrated in the summer heat.

 Add one extra serving of fruits or vegetables each day.

 Stretch for 5 minutes every morning.

 Practice good posture while working or driving.

 Make time to relax and recharge.

Thank you for your Referrals!

Kelly M., Tim J., Emma H., Cara W., Melanie H., Justine T., Kelly A., Andrea F., Kelsie Z., Fredrick T., Michael V.

Upcoming Dates

Monday, September 7th:
CLOSED

Wednesday, October 28th:
CLOSED

Back-to-School Is Almost Here!

It's hard to believe summer is already winding down! As families get ready for another school year, don't forget to take care of your health too. Whether you're a student carrying a heavy backpack, a parent juggling a busy schedule, or a teacher preparing for a new year, regular chiropractic care can help keep you feeling your best.

Back-to-School Week: August 24-27

Join us during the week of **August 24th** as we celebrate the start of the school year!

- Kids will receive a small back-to-school surprise while supplies last.
- **Refer a friend that week** and you'll be entered into a drawing to win a **\$50 Target Gift Card!** It's a great way to help someone discover chiropractic care while getting a chance to win a little back-to-school shopping money.

August New Patient Special

Know someone who has been thinking about trying chiropractic care? Our **\$25 New Patient Web Special** continues throughout August! It's the perfect opportunity for friends and family to experience the benefits of chiropractic care at a great value.

August Health Tip

As school sports, marching band, and fall activities begin, remember that good posture and proper body mechanics make a big difference. When wearing a backpack:

- Use both shoulder straps.
- Keep the backpack close to the body.
- Avoid carrying more than about 10-15% of body weight.
- If the backpack feels too heavy, clean it out!

Small habits can help reduce unnecessary strain on the spine and keep kids more comfortable throughout the school year.

Thank you for trusting us with your chiropractic care. We hope you enjoy the rest of your summer, and we look forward to seeing you in the office this month!

Yours in Health,

Dr. Tai



August 2026

Our Office Hours

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

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
	Back-to-School Week					
30	31					

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