

LANCASTER CHIROPRACTIC LIFE CENTER

Test Your Chiropractic Knowledge

To celebrate chiropractic's birthday, we'll have a **new chiropractic trivia question on the board each day during the week of September 14th-17th!**

Write down your answer and put it in the jar. At the end of each day, we'll draw one correct answer to win a prize!

**New question. New prize.
Every day!**

And be sure to stop in on **Thursday, September 17th** for some birthday treats! 🍰

Thank you for your Referrals!

Claire M., Kelsie Z., Eli M., Barry S.

Upcoming Dates

Monday, September 7th:
CLOSED

Wednesday, October 28th:
CLOSED

Wednesday, November 25th:
Closing at 5pm.

Thursday, November 26th:
CLOSED

Our Summer Hours Are Here to Stay!

We've decided that our summer schedule provides the most consistency and convenience for everyone—so we're making it permanent! Walk-Ins M-Th 10-12:30 & 3-6:30, please arrive by 10 minutes before closing to be seen. New patients are seen before and after hours, which allow us to provide the greatest convenience and focus on our walk-in patients.

131 YEARS OF CHIROPRACTIC!

On September 18, 1895, Daniel David Palmer—better known as D.D. Palmer—performed what is traditionally recognized as the first chiropractic adjustment in Davenport, Iowa. The patient was Harvey Lillard, who worked in the building where Palmer practiced.

That event marked the beginning of a profession that has now been part of healthcare for 131 years! D.D. Palmer went on to establish the first chiropractic school in Davenport in 1897, helping lay the foundation for chiropractic education and the profession we know today.

SEPTEMBER IS PAIN AWARENESS MONTH

Pain can affect much more than just how you feel. It can influence your sleep, activity level, mood, work, hobbies, and ability to do the things you enjoy. Sometimes pain is short-lived and resolves as the body heals. Other times, it can become persistent and start interfering with everyday life.

Don't ignore what your body is telling you.

Whether you're dealing with an occasional ache, recovering from an injury, or experiencing ongoing discomfort, paying attention to your symptoms and seeking appropriate care can be an important part of taking care of yourself.

Chiropractic care is one piece of the larger picture of health and wellness. Our goal is to help you maintain a healthy, functioning spine so you can move well, stay active, and keep doing the things you love.

This month, take a moment to think about your own health:

Are you moving the way you want to?
Are you doing the activities you enjoy?
Are you putting off something because of discomfort?

September is a great reminder that your health is worth paying attention to—before a small problem becomes a bigger one.



September 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
	Labor Day CLOSED					Rosh Hashanah
13	14	15	16	17	18	19
	Chiropractic's 131st Birthday Celebration Week					
20	21	22	23	24	25	26
	Yom Kippur	Autumn Equinox				
27	28	29	30			

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