

LANCASTER CHIROPRACTIC LIFE CENTER

Thank you for your Referrals!

Rafael D., Ana C., Kendrick R.,
Lizzie A., Ellen C., Bill W., Shari
O., Emma H., Joe S., Steve F.,
Bob V.

Your confidence in our office
means so much. We appreciate
every introduction!

Upcoming Dates

November 1-January 31:

Referral Thank You Program,
Pick up your cards at the front
desk!

Monday, November 16th:
Patient Appreciation Day

Wednesday, November 25th:
Closing at 12:30pm

Thursday, November 26th:
CLOSED-Happy Thanksgiving!

December 24th - January 1st:
CLOSED

Plan Your Visit

Typically Busier:

Monday afternoons
Thursday afternoons
Monday later mornings
Tuesday morning
Thursday morning

A Season of Gratitude

As Thanksgiving approaches, we're thankful for the people who make our office such a special place—you! Thank you for trusting us with our care, sharing your experiences, and recommending our office to your friends and family

Patient Appreciation Day - Monday, November 16th

We're celebrating YOU! Join us for refreshments throughout the day as a small thank you for being part of our office family.

We'll have morning treats and something sweet in the afternoon,. Stop in for your adjustment, enjoy a treat, and let us show our appreciation to care for you!

Share Our Office—Receive a \$20 Thank You - November 1-January 31

Know someone who has been thinking about chiropractic care? Pick up a referral card and pass it along!

When your friend brings in your card and completes their first new-patient visit, you'll receive a \$20 credit toward your next service.

Please make sure your name is on the card so we know whom to thank. All referral credits must be used by January 31, 2027.

Maintenance Care: Making Time For Yourself

November often means fuller calendars— holiday preparations, travel, cooking, shopping, and gatherings. With so much to do, it's easy to put your own needs at the bottom of the list.

Once your initial symptoms improve, it's a good time to discuss what comes next. For some patients, an individualized maintenance care plan may be part of managing recurring back discomfort and staying focused on everyday function.

These visits give us an opportunity to reassess how you're doing, discuss changes in your symptoms or activities, and review whether your care plan still fits your needs. Your schedule should reflect your condition, goals, and response to care.

Between visits, keep up with basics: regular movement, exercise, adequate rest, and breaks from prolonged sitting or repetitive tasks.

At your next visit, ask what ongoing care makes sense for you. This season, make room on your calendar for yourself, too!



November 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
Daylight Saving Time End		Election Day				
8	9	10	11	12	13	14
			Veterans Day			
15	16	17	18	19	20	21
	Patient Appreciation Day					
22	23	24	25	26	27	28
			Closing at 12:30pm	Thanksgiving CLOSED		
29	30					

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