

LANCASTER CHIROPRACTIC LIFE CENTER

Thank you for your Referrals!

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Upcoming Dates

October 12th - 15th: Friends &
Family Week - Free 1st Visit

Wednesday, October 28th:
CLOSED

Monday, November 16th:
Patient Appreciation Day

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

Thursday, November 26th:
CLOSED

Plan Your Visit

Typically Busier:

Monday afternoons, especially
around 3pm
Thursday afternoons, especially
3-5pm

Typically Quieter:

Wednesdays, especially
mornings

*Patient flow varies, but this is
our current trend.*

Friends & Family Week - October 12th-15th

Know someone who has been thinking about chiropractic care?
This is a great week to send them our way!

During Friends & Family Week, patients you refer can receive their first visit at no cost, including: Consultation & exam, X-rays (if necessary), First adjustment (if clinically indicated), and Report of Findings.

Appointments must be scheduled and space is limited, so please have your friends or family members contact the office early to reserve their appointment.

Thank you for trusting us with your friends and family!



Chiropractic & Your Fall Cleanup

Fall brings cooler temperatures, beautiful leaves—and plenty of work around the house! Raking, bagging leaves, cleaning up the yard, moving outdoor furniture and preparing for winter can all involve repetitive bending, lifting, twisting and carrying.

Take breaks. Avoid spending hours doing the same activity or staying in one position.

Lift smart. Get close to bags and other heavy items, bend your knees and avoid lifting while twisting.

Build up gradually. You don't have to finish the entire yard in one day!

Fall cleanup is also a good time to check in with how your body is moving. If you're noticing increased stiffness, restricted movement or discomfort as your activity changes, chiropractic can help address joint mobility and keep you moving comfortably through the season.



Fall Sports & Activities

Fall sports and activities can mean a sudden change in routine for both kids and adults. Practices, games, hiking, running and other activities place different demands on the body, especially after a less-active summer.

Chiropractic can help address areas of restricted joint motion and keep your body moving well as activity levels change. Remember to warm up, stay hydrated and build activity gradually - and if you're noticing stiffness, restricted movement or discomfort, let us know at your next visit.



October 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
	Columbus Day Indigenous Peoples' Day			Friends & Family Week: Free 1st Visit		
18	19	20	21	22	23	24
25	26	27	28	29	30	31
			CLOSED			Halloween

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