



# November '15 Wellness Letter

Dear Patients and Friends,

Here we are in November already! Everyone is amazed at how fast this year has flown by. Likely it is because everyone is on such a crazy pace day in and day out that they simply blink and another day is gone.

The season of Thanksgiving always makes us reflect on the things that we are most thankful for, especially our family, friends, freedom and our health too! There is so much negativity all around us that it is very easy to get swept up by that and often we forget to count our blessings.

We are blessed to have cared for a terrific family of patients over the years. The ability for us to show up at our office and turn the lights on and take care of our patients is a direct result of those chiropractic pioneers that fought in the trenches to make chiropractic accessible to millions of patients. We are grateful to those pioneers and all of their sacrifices for all of you.

We appreciate all of those who have dropped off food to be donated to Humans Concerns this Thanksgiving. Now more than ever we need to take care of those in our community so they do not go hungry. Your generosity is greatly appreciated and our office personally has donated enough to feed several families.

We wish all of you the best during this Thanksgiving season. Enjoy your family time together and start every day being grateful for all of the gifts you have, especially your health.

Make it a great day!

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