

Adjusting To A Healthier Lifestyle

FREE

CHIROPRACTOR[®]

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MONTHLY

**Get Back
in Motion**

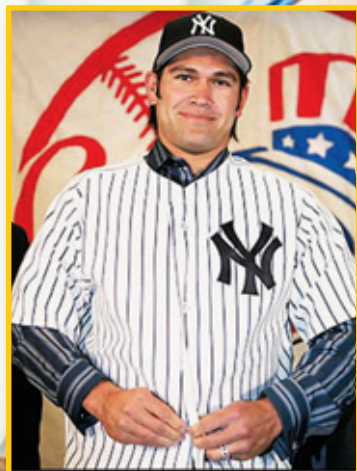
Easing lumbar pain

**Early
Intervention**

Aftermath of an accident

Blueberries Rule:

Low calorie,
high in oxidants



Chiropractic
scores big for
Yankees'
outfielder,
**Johnny
Damon**

COMPLIMENTS OF:

Next Appointment: _____ Date: _____ Time: _____