

Healthy Holiday Tip #5

How to Battle Stress All Season Long??
Remember the Reason for the Season!!



Luke 2:11 “For there is born to you this day in the city of David a Savior, who is Christ the Lord.”

Your health is a God-given gift. Your body has the ability to heal itself as long as there is no interference present. Let chiropractic remove any nerve interference so you can enjoy this gift of health.

(Tear here and enter to win!)

What is your favorite holiday tradition?

Name _____

Answer trivia on Facebook for an extra chance to win!

The Facebook logo, consisting of the word "facebook" in white lowercase letters on a blue rectangular background.