

Healthy Holiday Tip #11



**Dance or Exercise
to Your Favorite
Holiday Music**

Studies show that chiropractic care can increase range of motion, restore normal movement, relax the muscles, improve joint coordination, and reduce pain.

**Besides...it puts a smile on your face, a spring in your step,
and gets you into the spirit of the season!!**

(Tear here and enter to win!)

What is your favorite Christmas carol?

Name _____

Answer trivia on Facebook for an extra chance to win!

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