



## Healthy Holiday Tip #12

**Last Minute Shopper??  
No Worries!! 😊**

Give a chiropractic gift card and eliminate the stress of shopping...hasn't your chiropractor told you that stress isn't good for you??!

**Stress has a big impact on your health. It is also linked to many chronic diseases. Maintain regular chiropractic care to reverse the effects of stress.**

**(Tear here and enter to win!)**

**Let's focus on blessings instead of stress...name one of your blessings below.**

**Name \_\_\_\_\_**

***Answer trivia on Facebook for an extra chance to win!***

**facebook**