



Happy Holidays

Back in Line Family Chiropractic and Wellness

102 A Ave. Hiawatha, IA 52233

892.3363 www.mybackinline.com

HOLIDAY HOURS & SPECIALS

November 22, - CLOSED -HAPPY THANKSGIVING!

November 23 – closed – happy SHOPPING! OR RESTING!

* ABSOLTE EMERGENCY VISITS ONLY!

December 7 – Dr. Weber out-of-the-office – CON ED-McKenzie Certification

*Dr. CJ will be holding office hours!

December 24 – closed Christmas Eve

December 25 – closed – Christmas

December 27 – EXTENDED HOURS (7AM-7PM)

December 28 – EXTENDED HOURS (7AM-5PM)

December 31 – closing at 3pm

KIDS ADJUSTMENT DAY on New Years Eve! BRING YOUR CHILDREN IN FOR \$25 Wellness ADJUSTMENTS! Refreshments and kids games! SCHEDULE WHILE THEY ARE ON BREAK!

Mark your calendars! Dr. CJ is FLYING THE COUPE! She will be gone from Jan 21 returning FRESH Jan 28. **THANK HEAVENS DR. WEBER** will be able to see patients that entire week! Watch for GREAT SPECIALS while SHE'S GONE!!

Schedule your college kids! GET THEM SCHEDULED WHILE THEY ARE HOME ON HOLIDAY BREAK! **GOT THE WINTER BLUES? CALL TO GET YOUR VITAMIN D – 30% OFF IN THE MONTH OF DECEMBER!** Dr. CJ's **FOUR BASICs** – the multi, the Probiotic, the omega's, and the vitamin D package is 30% off!! Order ANY quantity for as many people as you'd like! **THESE MAKE GREAT STOCKING STUFFERS!**

TREAT YOURSELF AND YOUR FAMILY TO BACK IN LINE GIFT CERTIFICATES. They are GREAT STOCKING STUFFERS! CERTIFICATES CAN BE USED TOWARDS SUPPLEMENTATION, DETOX PROGRAMS, USED towards co-payments and deductibles, AND acupuncture AT OUR OFFICE. IT'S THE BEST WAY TO TREAT YOUR FAMILY!

REMEMBER – IN NOVEMBER SAVE \$\$ when you purchase a 7-day detox kit! NOW ONLY \$80! Jumpstart that New You for 2013 by committing TODAY! Don't wait until you pack on the pounds from the holiday parties!

Winter weather is JUST around the corner! Be careful when shoveling! When winter weather hits, we will try our best to reschedule you and your family's appointments but keep in mind WE DO WORK WHEN THE WEATHER IS BAD and when school is delayed/early out/cancelled. WE ENCOURAGE YOU TO BE SAFE AND BE SMART!



***STAY TUNED TO SPECIALS FOR 2013 AND SAVINGS FOR THE ENTIRE FAMILY!**



DEPRESSION RECOVERY! Preview Class December 17 at 6pm. Call today! 892.3363

WHAT YOU WILL GAIN!

- Start FEELING better today!
- Introductory Session (Dec. 17)
- Identify Depression and its causes
- Lifestyle treatment for depression
- Nutrition and the brain
- How thinking can defeat depression
- Positive lifestyle choices
- Stress without distress
- Living above Loss

DR. NEEDLY, MD's program offers EVIDENCE – based MEDICAL RESEARCH FOR FUNDAMENTAL APPROACHES TO CHEMICAL AND NUTRITION IMBALANCES. This program educates on safe and REAL, faith-based and SCIENCE-based ways to combat depression.

Grab that loved one and join us for an intro session on Dec. 17 at 6pm!
RSVP to Julie at 892.3363



Holiday Massage Deals!

From Lisa Lyons, LMT – Independent Contractor at Back in Line

Pamper yourself and the ones you love...Receive spa services without paying spa service rates!

Single aroma therapy session includes: Scented oil of your choice, warm moist towel treatment for the back and shoulders and scented foot scrub treatment with towel wrap for the feet!
1 hr: \$45.00 or 90 min: \$65.00 (Savings of 10.00 off for treatments)

Candy Cane-Peppermint opens the mind and refreshes the spirit! Even bigger benefits: increases circulation, warms the muscles, stimulates the lymphatic system, reduces pain and swelling and increases the body's immune system.

Champagne & Rose-This delicious fragrant oil is refreshing and will leave your skin soft and smooth. Enriched with vitamins A, C, D and E. Relax & Rejuvenate!

Lavender Tranquility-Lavender is a calming scent like no other. It is effective in calming nerves, treating headaches, anxiety, emotional stress & joint pain among many other benefits. You can't help but feel relaxed and refocused with this scent.

6 month expiration date: NO EXCEPTIONS ~ Accepting 30 purchases only for this exceptional deal
~ Limit of 2 per person

Accepting appointments starting 11/21/2012

Purchase date: November 21st-December 28th

CALL 929-3933 OR EMAIL L.LYONS@HOTMAIL.COM