

January 2012



# Pivotal Wellness Newsletter

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The Doctor's Out!

2nd and 9th-  
no open adjusting

6th and 13th-  
no afternoon adjusting

## Dr. Cathy is in!

Tuesday and Thursday  
**mornings** we will be  
 welcoming back  
 Dr. Cathy for  
 open adjusting hours.  
 We look forward to  
 having her back in the  
 office!

*(Dr. Brian will not be in  
 during these hours)*

# Massage Specials

Myofascial Release and Anatomy Trains with Keely

**6 week program (6 1-hour long massages): \$470**

Myofascial Release Massage separates the  
 connective tissue from muscle to help it move freely

**Benefits include:**

- \*Better Posture\*
- \*Increased Range of Motion\*
- \*Decreased Pain\*



Aromatherapy Lymphatic Massage with Jamye

**\$60/hour massage**

Aromatherapy Lymphatic Massage utilizes Essential Oils to:

- \***Rejuvenate** the skin\*
- \***Boost** immunity\*
- \***Flush** toxins\*

It can also help to relieve stress to let you start the year refreshed!

## January 2012

1 	2 No Adjusting	3	4	5	6 Open 10am-Noon ONLY	7
8 CONGRATS DR. JENNIFER! 	9 No Adjusting	10	11	12	13 Open 10am-Noon ONLY	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	<p><b>Open Adjusting Hours:</b></p> <p>Monday-Friday 10am-Noon</p> <p>Monday-Thursday 4pm-6pm</p> <p>All other times by appointment ONLY</p>				