



Pivotal Wellness  
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## Celebrating 10 Years of Pivotal Wellness by Giving Back to Our Community

To celebrate 10 years and give back to our community, Pivotal Wellness is offering \$20 adjustments Tuesday October 18th! Half the proceeds from those adjustments will go to, Transitional Creative Arts Mentoring Program (TCAMP), a nonprofit organization which works “To assist youth in achieving health, independence, family connections, and community investment through creative arts.” Come in and celebrate this milestone with us for a good cause.

Do you have a **Flex Account** or **Banner Insurance** that expires at the end of the year? Why not put it towards chiropractic and massage services end your year with more energy, vitality, and wellbeing? You don't have to enter the New Year with those nagging symptoms!

### Fall Hours

#### Open Adjusting Hours:

Monday to Thursday: 10 -12 & 4-6

Friday: 10-12

#### By Appointment Only:

Monday to Thursday: 8-10 & 2-4

**\$35 for your first hour  
 massage at Pivotal Wellness  
 with select therapists.  
 Call for more details.**

### **Raindrop Therapy Massage**

Raindrop Therapy is a therapeutic session which includes the use of various essential oils which have anti-viral, anti-bacterial, anti-inflammatory, and anti-spasmodic affects. The oils are first applied to the feet and inner calf stimulating Vita-flex points which act as reflex points for the spine. After the oils are massaged along the spine warm, damp towels are placed on the back while more massage or energy work is enjoyed.

Raindrop Therapy relaxes the back and feet muscles, while encouraging overall well-being. The essential oils may help boost the immune system, helping the body fight off colds & illness.

Cost is \$110 for a 90 minute session or \$75 for 60 minutes. Call today to set up an appointment with Jamye.

October	2011					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18 Happy 10 year! \$25 adjustments!	19	20	21	22
23	24	25	26	27	28	29
30	31 Happy Halloween					