



# The Best Holiday Gifts of All: Health and Happiness

The Holiday Season is a magical time of year, but it can also be one of the most stressful! All that stress can take a toll on the health of your nervous system, making it harder for you and your loved ones to stay healthy and happy. With a little help from your chiropractor, keeping stress at bay and helping the whole family stay healthy and happy is a piece of cake.

## Top Reasons to get the whole family adjusted this Holiday Season

- To support excellent nerve communication throughout the body to promote health and wellbeing
- To help strengthen immunity – encouraging fewer colds, earaches, and general illness
- To encourage superior brain and nerve development
- To support digestive strength
- To increase capacity to learn and concentrate
- To promote body balance helping to resolve posture and allergies

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**Mon 9am-1pm&3pm-7pm Longbranch**  
**Tues 9am-2pm LB&7pm Redbank**  
**Wed 9:30am-1:00pm&3:30pm-7pm LB**  
**Thurs 8am-11am LB..11:30-12:30&5 RB**  
**Fri 9:30am-12pm&3:30pm-6pm LB**  
**Sat 9am-10am LB 10:30am RB**