

DECEMBER 2024!

All I want for Chirstmas is a Well Adjusted spine!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 6:45am – 10:45am 1:30pm – 5:30pm	3 6:45am – 8:45am 4:00pm – 6:00pm	4 6:45am – 10:45am 1:30pm – 5:30pm 5:30pm- Bulletproof Your Body	5 6:45am – 10:45am 1:30pm – 5:30pm	6 6:45am – 8:45am Fun Spot Bowlathon Opens:5:30pm Starts:6:30pm	7 
8 	9 6:45am – 10:45am 1:30pm – 5:30pm	10 6:45am – 8:45am 4 :00pm – 6:00pm	11 6:45am – 10:45am 1:30pm – 5:30pm 5:30pm- Fasting for Cancer Prevention	12 6:45am – 10:45am 1:30pm – 5:30pm 3 rd Annual Holiday Craft Fair	13 6:45am – 8:45am	14 Awakening Chiropractic
15 Happy Birthday Cathryn on the 18 th	16 6:45am – 10:45am 1:30pm – 5:30pm	17 6:45am – 8:45am 4:00pm – 6:00pm	18 6:45am – 10:45am 1:30pm – 5:30pm 5:30pm- Women's Hormone Health: Understanding Menopause	19 6:45am – 10:45am 1:30pm – 5:30pm Book Club: The Four Agreements By: Miguel Ruiz Dr. Amanda Out	20 6:45am – 8:45am	21
22	23 6:45am – 10:45am 1:30pm – 5:30pm Dr. Amanda Out!	24 6:45am – 8:45am Office Closed in PM Dr. Amanda Out	25 	26 Office Closed	27 Office Closed	28
29 	30 Office Closed	31 Office Closed Sylvie's 10 Year Anniversary!	1/1 	Office closed 1/1 for New Years	 <small>shutterstock.com · 1826227739</small>	

