

JULY newsletter

EXPERIENCE HEALTH AND WELLNESS CENTER



This 4th of July, we're grateful for time with family, freedom, and the opportunity to care for our community. As summer celebrations continue, remember to listen to your body. Travel, activity, and changes in routine can add extra stress without you realizing it. We hope you enjoy a safe, healthy, and joyful holiday!

HEALTHY HABITS BINGO GAME NIGHT

Join us for a fun evening of learning, laughter, and prizes! We're hosting a Healthy Habits Bingo Game Night with raffles, light refreshments, and plenty of fun! All practice members are welcome to enjoy the evening. Bring a friend!

 July 28th
 6:00 PM



ITALIAN MEATBALLS



DISC HEALTH: WHY IT MATTERS MORE THAN YOU THINK



Your spinal discs help absorb pressure and keep your spine moving well. When they become compressed or dehydrated, it can lead to stiffness, pain, and reduced mobility. Consistent chiropractic care helps support healthy movement and better disc function.

HAVE YOU TRIED SOFTWAVE THERAPY?

SoftWave Therapy is getting a lot of attention in our office right now. Patients often come in curious and leave surprised by the experience. It's a non-invasive option many explore when they've tried other approaches and still feel stuck. If you're curious, ask us at your next visit or call the office and we'll walk you through it.



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