

2021 EXPERIENCE FAMILY CHIROPRACTIC

Monthly Newsletter

In Honor of Martin Luther King Jr.:

EFC is going to be CLOSED on Monday, January 18th in observance of the holiday. Please check SKED for updated dates/times or see the front desk for more info on your schedule.

Did you know?!

Other than Martin Luther King Jr., George Washington and Abraham Lincoln are the only other Americans to have had their birthdays observed as a national holiday. Washington and Lincoln's birthdays are now observed as President's Day each February.



"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward."

-Martin Luther King

HAPPY NEW YEAR

A Word From the Doc

"Things that we learned from 2020 and need to take into 2021!"

1. Faith is essential!
2. Health is your most valuable asset!
3. Family is everything, cherish them and make your time well spent.
4. Be a part of a community; one that fuels you.
5. Let your faith be greater than your fear!
6. Limit mainstream media.
7. Love conquers all!
8. Perspective is everything.
9. You're stronger than you think!
10. You're one adjustment away from a better life!!



The Clark Family

EFC Happenings & Dates



January 18th
Happy MLK Day!
EFC will be
CLOSED!!



January 19th
National Popcorn Day!!
Stop by EFC to enjoy
some Popcorn on us!



January 21st
Happy Birthday
Cherish!!
Help us celebrate by
wishing a HBD to
Cherish!!



January 22nd
Happy 2 Year
Anniversary Jen!
We are celebrating Jen's
2 Year anniversary
with EFC!!



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