



## Monthly Newsletter

# Luck of the Adjusted

Take part in our St. Patty's Day Shenanigans!

We are doing a Grill Giveaway!! See the details below to be entered to win!!

- 1 Ticket entry for each Facebook Check-In to EFC
- 3 Ticket entries for a Chalkboard Picture
- 4 Ticket entries for each referral you send in that books an appointment with us
- 5 Ticket entries for a Google Review

### Lucky You

Reach 15 entries and receive your choice of a \$5 Starbucks gift card or a \$5 Ice Cream Club gift certificate!

Did you know? We have a **BLOG!**

Go to:

<https://efchealth.com/health-blog/> to view our health blog!!

Our latest entry is all about how safe and effective Upper Cervical Chiropractic Care is.



Leave us a **Google Review!!**

Simply open the camera app on your phone and scan the barcode! Then, share an experience you had at EFC!



SCAN ME

### Office Closure

EFC is going to be **closed** from

**March 31st to April 5th!**

We will resume normal business hours on **Tuesday April 6th!** Check Sked or see the front desk for updates on your schedule!

"I'm not in pain so I must be healthy."

### Symptoms are not your enemies!

It's so easy to hate pain. But, what we have to remember is that your physical symptoms are there for a reason. They are red flags that your body is waving to get your attention and tell you that something is wrong. The purpose of your symptoms are to provide information about a sickness or concern that may be developing in your body. More often than not, pain is known as the "last symptom" telling us something isn't right! Don't wait until you are in pain to take care of your health!

Be sure to follow us on Facebook!

Have a Happy  
St. Patrick's Day!



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