



November 2024 Newsletter

Welcome to our New Monthly Newsletter!

Our new monthly newsletters will provide you with upcoming sales, tips for staying healthy, and more! Opt-out of these emails any time. Just click on "update profile" at the bottom of this email.



November Holiday Hours

In order to give our employees time with their families, we will have adjusted hours the week of Thanksgiving. Please make appointments based on our hours below.

Wednesday, November 27, 2024 9:00 a.m. - 12:00 p.m.
Thursday, November 28, 2024
Closed

Friday, November 29, 2024

Closed

Dr. Fawn will be out of the office from November 29, 2024 through December 9, 2024. You can still make chiropractic appointments with Dr. Laura during this time. Our Spa and Massage services will be open normal hours the week of December 2, 2024 through December 6, 2024.



Sourdough Workshop

Join us on November 17, 2024 from 2:00 – 3:30 p.m. for our Sourdough & Gut Health Workshop! (Reservation required). What's this Sourdough craze all about? Join Dr. Fawn Shaffer and her team for a fun Sunday afternoon and we'll show you! November's event benefits Sleep in Heavenly Peace.

[Learn More](#)



Wholistic Thermography

Make your appointment on December 3, 2024 for Wholistic Thermography with Sherry Cummings Strayer, CCT II, BSN, FFCI, CNHP at Fresh Start.

Digital Infrared Thermal Imaging is a non-invasive assessment that detects subtle physiologic changes in the body, acute or chronic, related to illness or disease, physical injury, infection, vascular problems, inflammation or other dysfunctions.

[Learn More](#)

Holiday-Themed Spa Gift Baskets



The holiday season has arrived! We have the gift that you've been looking for. The Gift of Health!

Purchase a Holiday-Themed Spa Gift Basket for \$45 from our front desk that includes:

- Soap
- Shower steamer
- Candle
- Fuzzy socks
- A \$30 Gift Certificate for our [Spa Services](#)

Don't know which service to give your special someone? Purchase a Fresh Start gift certificate and let them choose!

Gift Baskets and Gift Certificates are great gifts for:

- Wives / Husbands
- Mothers / Fathers
- Daughters / Sons
- Grandchildren
- Teachers
- Girlfriends / Boyfriends
- Coaches
- Tutors
- Grandparents
- Nieces / Nephews
- Best friends
- Gift exchanges / Gift swaps
- Co-Workers
- That one person you just don't know what to buy for!



Thank you, Veterans!



Digestive Enzymes

Monday, November 11, 2024 is Veterans Day and we want to thank the special veterans in our life:

- Nic, Dr. Fawn's husband
- Josh, Nicole's husband
- Our patients who are Veterans
- Our patients who have a family member who is a veteran

We thank you for protecting us, for fighting for the freedoms we take for granted every day, and for doing something that others might not be able to do. We truly appreciate you and the sacrifice you have made to keep us safe. We also appreciate the families that support our veterans and the difficult task it can be to go months without seeing your loved ones.

Take a moment this month and truly thank a veteran for all that they do for you.

Ready to tackle that big Thanksgiving meal?

People over the age of 30 often begin to have problems fully digesting their food. If food doesn't break down in the stomach, you can't absorb the nutrients when it gets to your intestines. Taking digestive enzymes with your food helps to properly break food down so you can get the most nutrition out of what you're eating.

People without gallbladders cannot properly digest fatty foods. So enzymes are absolutely essential for anyone without one!

Dosage is 1-2 tablets with each meal.

Zypan is for people who have a gallbladder. Cholacol is for people without a gallbladder.

Benefits include:

- Proper food digestion
- Better Bowel Regularity
- Decreased Reflux Symptoms

Pick up this daily Supplement at our front desk!

Help Prevent Cold and Flu by Using our Spa Services



Begin feeling better today with our Wellness Center's Spa Services!

Open your airways, reduce pain and inflammation, eliminate toxins and heavy metals, increase muscle tone, improve mobility, learn how to eat healthy, and more!

- Salt Therapy Room
- IonCleanse Foot Detox
- Healthy Wave Mat
- Vibration Plate

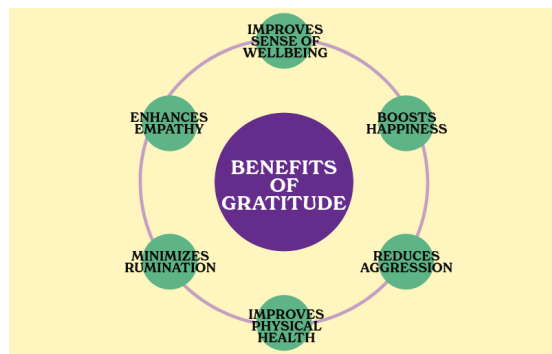
Buy nine of our spa services and receive the tenth free with our spa punch card.

Give the gift of health and purchase a gift certificate for someone special.

[Learn More About our Spa Services](#)



Adjust your Sleep Schedule to Get the Best Sleep



How to Practice Gratitude

November has always been a time to think about what we are thankful of.

We've all been there. We just can't fall asleep. Our minds wander, stress creeps in and then we can't sleep. Good sleep is very important to our health. When we sleep, our bodies rest. It's in rest that our bodies repair themselves from the day. We aren't awake to tell our body, "Do this, do that." Sleep helps our bodies recover from the busy day we had. [Read More](#)

Family, friends, a roof over our heads, a warm bed. It's important to practice gratitude. Practicing gratitude includes thinking about what makes us happy, who makes us happy, and how we can better ourselves. Below are a few ways you can practice gratitude: [Learn Ways to Practice Gratitude](#)

We Made it to the Final Round!



Thank you for choosing us during the first round voting period! Please vote for us in the final round in November.

Final Round Voting is November 16, 2024 - November 24, 2024. Categories: Favorite Spa/Massage Favorite Chiropractic Practice

[Learn How to Vote](#)

Healthy Thanksgiving Recipe



Thanksgiving can be a difficult time of year to practice eating healthy. Turkey, the lean meat, is great until you add the potatoes, stuffing, and starchy vegetables to your plate. Have you ever considered replacing the starchy vegetables with a green salad? We have a recipe we'd love for you to try this year!

Apple Walnut Spinach Salad

[View Recipe](#)

Fresh Start Chiropractic and Wellness Center | [Website](#) [Phone](#)



Fresh Start Chiropractic and Wellness Center | 565 McElhattan Drive | Lock Haven, PA 17745
US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!