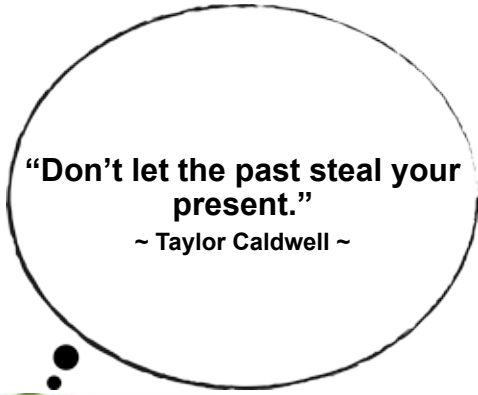


**Spelling Error**

Help us with our spelling... tell us about the spelling error and your name will be entered for a \$5 gift certificate drawing. You are welcome to leave a message on our voice mail if your call is after hours. Thanks to all of you who participate!

Congratulations to this month's Winner!  
*Iris*



**"Don't let the past steal your present."  
~ Taylor Caldwell ~**



**Quote to ponder...**

**Care To Share**

Please help our clinic grow, refer friends and family to us for care.



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*Pain Relief and Better Health, Naturally.*

Year End Checklist for Patients with  
**Flex Spend Accounts**



Don't lose your benefits before the year ends.

- You can use your balance on:
- ✓ Low back (Lumbar) Support Pillows
  - ✓ Neck (Cervical) Pillows
  - ✓ Icepacks
  - ✓ Custom Orthotics

Ask at the front desk.

**IT'S TIME TO REORDER YOUR FOOT LEVELERS ORTHOTICS. DID YOU KNOW YOU CAN USE YOUR FLEX SPEND ON ORTHOTICS?**



Call today: 262-781-0084

Chiropractic Care Center - Brookfield  
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# SPINE TIME

Brought to you by *Your Chiropractic Care Center Brookfield*



Mark Your Calendar

Closings:

MONDAY, 12/25



MAYBE FOR YOUR NEXT APPOINTMENT YOU CAN JUST COME IN THE FRONT DOOR INSTEAD OF DOWN THE CHIMNEY!



## Health HACK

HAVE SOME FUN



Laughter lightens your mood, stimulates your heart, lungs, and muscles, and also releases endorphins. Laughter also boosts circulation, helps muscles relax, and lessens the physical symptoms that are associated with stress.

Source: <https://www.medicalnewstoday.com/articles/320295#5.-Have-some-fun>

## SKIN DEEP

### DO YOUR PRODUCTS CONTAIN ENDOCRINE DISRUPTORS?

Endocrine disruptors are harmful chemicals that disrupt our hormone system, found in food, water and many consumer products including makeup.

Source: <https://www.ewg.org/skindeep/>



## Merry Christmas



## AVOID SHRIMP POSTURE WITH CHIROPRACTIC CARE



- 01 PERFORM POSTURE CORRECTING EXERCISES
- 02 ADJUST YOUR WORKSPACE ERGONOMICS
- 03 TAKE BREAKS FROM SITTING AT YOUR COMPUTER
- 04 SLEEP IN THE PROPER POSITION
- 05 VISIT A DOCTOR OF CHIROPRACTIC



SOURCE: AMERICAN POSTURE INSTITUTE