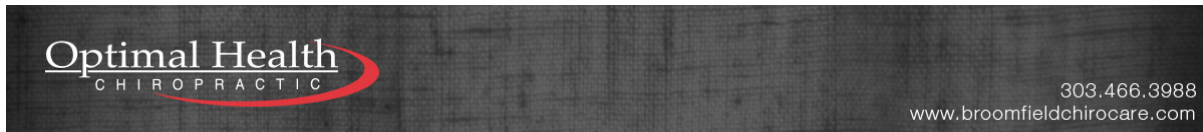


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## Finish the Year Strong



Think of this last newsletter of the year as a pep talk of sorts. We'll keep it short and sweet, but we have a lot of patients who have been making great strides in their health this year - whether making better eating choices, prioritizing moving their bodies, or even just taking more time for self-care for themselves. We are here to remind you that even though this can be an incredibly busy time for many of us, do not stop doing all of the good you have done throughout this whole year. How great will it feel, instead of making New Years resolutions about starting to be healthy, you can just continue all of the good you started and building on all of the work you have put in?

We are so proud of you and all you have done. So don't forget to wash your hands and drink plenty of water and take the time to be the healthiest, happiest version of yourself. We are excited to start the new year strong and grateful to have all of you on this journey with us.

- Dr. Chris



OHC Holiday Hours



Massage is OPEN over the holidays

### **Holiday Hours + How to Get Adjusted While We're Out**

With this being our December newsletter, it's important to talk about our upcoming holiday hours - there's a lot to know!

Optimal Health Chiropractic will be **closed Monday, December 25th - Thursday, January 4th.**

We will be **returning to the office Saturday, January 6th** with an extra weekend morning shift.

If you want to get adjusted during this time, we've got you covered! If you are an existing OHC patient who would like to be adjusted while we are gone, Dr. Benjamin will be seeing our patients in our office for two shifts on Thursday, December 28th and Tuesday, January 2nd.

To schedule during this time, either schedule while in the office or give us a call or text (303-466-3988) and Alex will help get your appointment set up.

If you're looking to get on the schedule this month before we leave town, give us a call, text or book online: [optimal-health-chiropractic.booksy.com](https://optimal-health-chiropractic.booksy.com)

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### **Massages Will Continue While OHC is Closed for the Holidays**

Even though Optimal Health Chiropractic is taking an extended holiday break, massages at Optimal Health Massage Therapy will still be going on. Take advantage of this time to prioritize self care and feel your best to start the new year!

Diane provides barefoot massages and lymphatic drainage Monday - Thursday, Trisha is massaging on Thursdays and Saturdays and Elizabeth massages on Thursday mornings!

As always, you can schedule by calling or texting (720-610-2627) or booking online at

<https://www.massagebook.com/biz/OptimalHealthMassageTherapy>



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