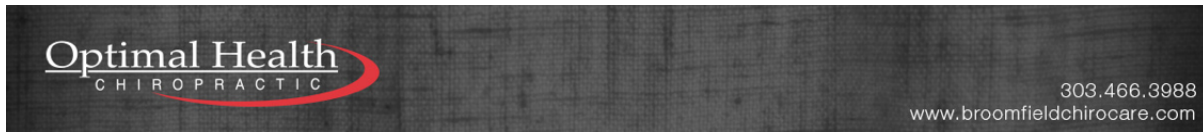


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## Touching Base



We're not sure if anyone else is feeling the speed in which this summer seems to be flying by like we are, but holy moly, it's August already! Because things are so busy, instead of our normal newsletter, we just wanted to send a quick touch base about a couple of things going on around the office and then we will be back to our regular newsletters next month.

We want to make sure everyone knows about our upcoming vacation. THIS IS YOUR WEEK TO GET ADJUSTED before we leave. As we always do before we take time off, we are adding some extra shifts to help get everyone adjusted.

Extra Shifts: Tuesday, August 2nd in the morning and Wednesday, August 3rd in the afternoon (in addition to regular shifts those days!)

We will then be closed Thursday August 4th through the following week, returning to the office ready to roll on Monday, August 15th.

To get on the schedule, give us a call or book online: [optimal-health-chiropractic.booksy.com](https://optimal-health-chiropractic.booksy.com)

Secondly, if you are a massage patient in our office, you know how important massage can be to your overall health. We have had some changes in our massage staff are currently looking for additional massage therapists to join our team. If you know of any amazing therapists that you think would be a great fit for our office, please share our info with them and send them our way! We are happy to answer any questions you may have.

Yours in health,  
- Dr Chris



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