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## Thank You.



We're going to keep this one short and sweet. Life is busy and there's a lot going on, but we don't want to let this time pass by without saying thank you.

As we round out 2021, we are left with feeling a sense of gratitude and thankfulness for our patients. Because of you and your trust in our care, we are able to keep our doors open, serve our community and at an unlikely time to grow, have been able to add Optimal Health Massage Therapy to our office. Our ultimate goal is always to find better ways to provide our patients with the best treatment options possible, and this helps us to do just that.

Looking into the year to come, we are focused on you, your health, and providing the best experience possible. Bring on 2022.

Yours in health,  
- Dr Chris



Upcoming Holiday Hours

Self-care  
is not selfish

BOOK A MESSAGE

Remember to take time for you!

### **Holiday Hours You'll Want to Note**

As the holidays quickly approach, there's some changes in hours you'll want to note to make sure you don't have an interruption in your care! Schedule online: <https://optimal-health-chiropractic.genbook.com> or call us during business hours to get those adjustments on the schedule!

Besides the days we will be closed to celebrate, there are hours added and changed in order to maximize efficiencies.

#### **Closed:**

Wednesday, 12/22

Thursday 12/23

Monday 12/27

Tuesday 12/28

#### **Open:**

Wednesday, 12/29 (in the afternoon instead of usual morning hours, 3pm-6:30pm-ish)

Normal hours that Thursday 12/30

Extra shift added: Friday, 12/31 AM (roughly 9am-noon, as needed)

\*note this only applies to Optimal Health Chiropractic and not reflective of any other services in our office!

### **Remember to Take Time for You!**

This time of year can often be more chaotic and stressful than restorative and relaxing. Remember to take care of you while you're busy taking care of everyone else. A massage is a great way to carve out some important self-care time for you.

[Schedule your next session with us online](#) or give us a call or [text](#) at 720.610.2726. We would love to help you make the most of your holiday season!



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