



Happy November From Casey Family Chiropractic!

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All of us at Casey Family Chiropractic want to wish you and your families and friends a blessed and Happy Thanksgiving!

Some Thanksgiving Facts:

The first Thanksgiving was held in December of 1621 as a three-day feast to give thanks for the harvest they received.

In 1863, President Abraham Lincoln proclaimed the last Thursday of every November to be Thanksgiving. It was later changed by Franklin D. Roosevelt in 1939 to be the third Thursday of the month (in order to lengthen the holiday shopping season)

In 1941, Thanksgiving finally became a National holiday, although it had been celebrated since 1621.

At the first Thanksgiving, according to writings by the pilgrims, consisted of "corn"

(which was actually wheat), Indian corn, fish, five deer, fowl, and of course, wild turkey.

"I awoke this morning with devout thanksgiving for my friends, the old and the new."

Ralph Waldo Emerson (1803 - 1882)

Office Happenings and Doings



November

We are continuing our food drive in this week as we prepare for Thanksgiving. We would like to thank those who have already generously donated. At this time of year, we are especially grateful to serve so many wonderful people in our community. The food drive will continue through November 9th. All food donations will go to Country Kids Food Pantry in Washingtonville to help those closest to us in our community. In addition, Casey Family Chiropractic will be donating 10% of proceeds during this time.

December

in December, we will once again partner with Country Kids Food Pantry to collect new, unwrapped toys. These toys will be given to those children who might otherwise not receive anything for the holidays. We will be accepting the toys here at the office the week of Dec. 3rd through Dec. 7th. In addition, Casey Family Chiropractic will once again be making a donation of gift cards to be used to "fill out the stockings" of children in our community. Thanks again for your wonderful generosity!!



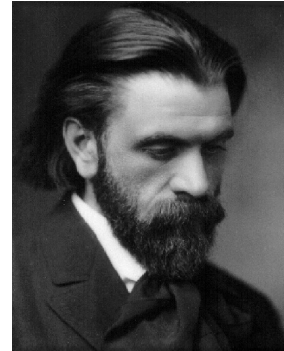


Orientations

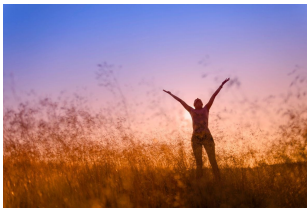
Have you ever wondered what's the Big Idea? Chiropractic Orientations on Wednesdays at 6:30 PM help answer that question. These fun and informative sessions are for anyone interested in living a more healthy life. Chiropractic adjustments help restore the natural, innate healing ability of the body, mind and spirit...and that's just the beginning! Please check with the front desk or Dr. Casey to confirm! Orientations are open to all!!

Words of the Founders

"Healing is a process afforded you by your Creator and is above and beyond the control of man. Your Chiropractor does everything possible to help Innate heal-but he cannot heal nor can anyone else produce healing for you. When the right adjustment is made, Innate goes to work. You feel the results when dis-ease turns to ease." ~ B. J. Palmer



B.J. Palmer, D.C., Ph.C.



Our Mission Statement

"We at CASEY FAMILY CHIROPRACTIC are committed to serving the health care needs of our community by providing the highest quality chiropractic care possible. By educating our patients and practice members to their own inborn healing ability, we seek to make the world a better place one person at time."

"Care To Share" cards now available!

For those of you who have been in our office for a while, you have probably begun to experience the tremendous benefit of chiropractic care for you and your family. If you knew that you could give someone the gift of better health wouldn't you want to do that? Especially if there were no cost to you? Of



course you would! We are now making available our Care To Share cards at the front desk and at all of our Chiropractic Orientations. These cards can be given to family or friends and will give them the opportunity to come in for a complimentary consultation to determine how chiropractic can help restore or enhance their health naturally from within! By your simple act of sharing, you may positively change a person's life...for the rest of their lives! Please ask anyone in the office for a card and thank you for your continuing commitment to better health through chiropractic!

"Kindness is an inner desire that makes us want to do good things even if we do not get anything in return"

Emmanuel Swedeborg



**Kind regards,
Dr. Brian Casey and the team at Casey Family
Chiropractic.**



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