

## Greetings From Casey Family Chiropractic!

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### Happy Father's Day!

We would like to wish all the dads out there a very Happy Father's Day! May your labors be light, may naps be plentiful and may someone relieve you at the grill! Have a great day!



### Scho-o-o-l's out for summer!!!

So are you headed out on vacation this summer? Check to see if you've got everything you need: suntan lotion, beach towels, Frisbees, barbecues, sunglasses? All set to enjoy your summertime fun? Well don't forget

to have your spine checked as well. Subluxations can interfere with summer fun. Nobody wants to drive 3-4 hours to their vacation destination only to get there and not be able to enjoy their vacation because of a "bad back". More importantly, subluxations can keep you from being at your optimal health year-round so it's always important to be checked regularly. And don't forget the kids too! Summertime activities such as swimming, baseball and soccer can put a big strain on little spines and keep them from performing at top notch. So as the summer goes on, make sure not to neglect your spine because your spine supports everything you do! Even if you're not planning any big getaway vacations and will just be doing lots of yard work, remember not to overdo it. Take breaks, drink lots of water and be sure to stretch before lifting those heavy rocks!! Be kind to your spine and make an appointment to have your adjustment today. Have a great summer and we look forward to seeing you here at Casey Family Chiropractic!!

**Did you see us at the**

## parade?

On Monday, May 29th we were on hand at the office for the Washingtonville Memorial Day Parade. We watched with great pride as all of the participants commemorated the enormous sacrifices made by our veterans to preserve our freedom in America. We were thrilled to see so many of our fellow community members on hand for a beautiful morning! **Click here** to see more pictures on our website!



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## Office Happenings and Doings

### Office Hours

With the summer upon us, it is very easy to get "off schedule". School is letting out, spring activities are coming to an end and vacations are being planned. Please make sure to keep all of your appointments to get the greatest benefit out of your chiropractic care! Our office hours are:



- Monday
  - 
  - 8:30
  - AM
  - 
  - 12:00
  - PM
  - ;
  - 3:00
  - PM
  - 
  - 7:00
  - PM
- Tuesday
  - 
  - 3:00
  - PM
  - 
  - 6:00
  - PM
- Wednesday
  - 
  - 8:30
  - AM
  -

12:00

PM

;

3:00

PM

-

7:00

PM

- Thursday

-

Office

closed

- Friday

-

8:30

AM

-

12:00

PM

;

3:00

PM

-

6:00

PM

Looking ahead, the office will be closed on Tues., July 4th in observance of Independence Day .

The office is closed Mon. July 17 thru Fri. July 21st and will re-open Monday, July 24th 8:30 AM.

### **Texts, texts, who's getting texts????**

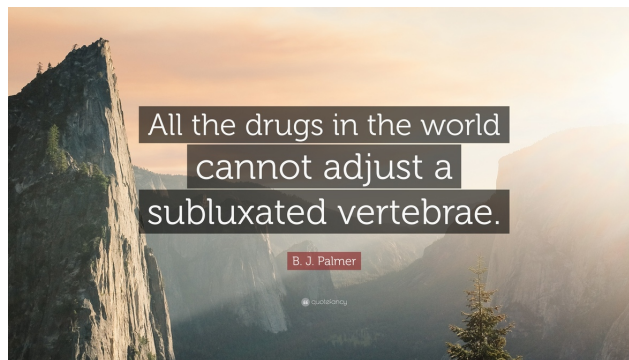
Thank you to all of you who have given us overwhelmingly positive feedback on our new text appointment reminder system. We know in today's world, it's hard to keep track and we're so glad this new system is keeping people on track. Maintaining your scheduled appointments is the fastest way to better health through regular chiropractic care. If you have not yet received any reminders, please let the front desk know and we will gladly update your files! Thanks again!

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## **Words of the Founders**

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

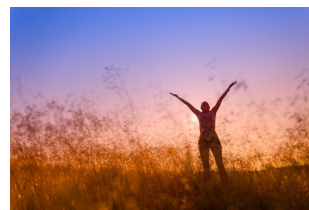
**Developer of  
Chiropractic Philosophy,  
Science and Art**



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## 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."



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



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