

# Greetings From Casey Family Chiropractic!

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**Happy 4th of July!**

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**Please note: The office is closed on Friday, July 4th in celebration of our Nation's birthday!**

We at Casey Family Chiropractic would like to wish everyone a Happy Independence Day! We hope everyone enjoys their celebrations joyfully and safely!

**“It will be celebrated with pomp and parade, bonfires and illuminations from one end of this continent to the other.”** - John Adams

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## Summer Fun!

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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!!

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## Office Happenings and Doings

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### Office Hours

Looking ahead, the office will be closed July 19th thru the 28th and will re-open Tuesday, July 29th at 3:00 PM.

With the summer upon us, it is very easy to get "off schedule." School's out, summer activities are under way 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

#### ■ Friday

8:30  
AM  
-  
12:00  
PM  
;  
3:00  
PM  
-  
6:00  
PM

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BJ Palmer portrait

## Words of the Founders

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

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

### Developer of Chiropractic Philosophy, Science and Art

"While other professions are concerned with changing the environment to suit the weakened body, chiropractic is concerned with strengthening the body to suit the environment."

-- B. J. Palmer

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## Our Mission Statement

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"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."

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



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