Greetings From Casey Family Chiropractic!

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Check out our website at caseyfamilychiro.com!

by4rANV

H.O.P.E. Week is coming!

This year during the week of Feb. 10th through Feb. 14th, 2025, we are pleased to participate in the 32nd annual H.O.P.E. (Helping Other People Eat) Week. During this special week, we will be accepting donations of non-perishable foods, which will go to Country Kids Food Pantry here in Washingtonville to help feed hungry families in our community. Many of the donations from Thanksgiving and Christmas food drives have been used up but there is still a need to help those in our area. We will be accepting donations all week so you can bring them in with you during an appointment or just drop by with your donation. As always, thank you for your support!

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Office Happenings and Doings

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Update on New Insurances for 2025

We would like to thank everyone who have been timely with updating your insurance information with start of the New Year. It can be a confusing time and we are here to answer any questions you may have regarding your coverage. In response to many requests, this year we will be happy to accept payments now which will help offset any large balances later after all deductibles are met. We will keep those payments on account and simply deduct the balance once we have received notification from your insurance company. Just another way we are working to help keep you healthy the chiropractic way!

Office Hours

The office will be CLOSED on Monday, Feb. 17th (President's Day)

Although we have been somewhat fortunate with the weather up to date, it looks we will still have a few more winter blasts before Spring arrives (that darn groundhog saw his shadow!) Please note that office hours may be affected by inclement weather. Please make sure to give the office a call or check our website at www.caseyfamilychiro.com or at our **Facebook** page for any unscheduled closings.

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We are a Lifestyle Practice

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As I enter the 34th year in my practice (!), I was reflecting on some of the things that I think have made this practice so successful in helping so many people in our community achieve better health naturally through chiropractic care. First and foremost, I am blessed to work with such wonderful people who have chosen our office for care. Even after all this time, I still find joy in arriving at the office each day to serve those of my community. Together, along with the support of my family and my team at Casey Family Chiropractic, I believe we have substantially elevated the health and wellness of our community. As the year just ended recently, I was reviewing various statistics for the practice. One of the measures of a healthy practice is the average number of visits that a patient starting with us will have. A certain range of a few visits is considered a pain-management practice. As many of you know, I will always start a consultation with the statement, "I don't treat back/neck pain" (Those of you who've been here long enough know what I mean by that!). The next level indicates treatment-based practice, then a wellness-based practice and so on. By any measure, we far exceed the ranges of these types of practices. We are, instead, a *lifestyle practice*. Meaning that many of you have made the decision to incorporate regular chiropractic care part of a healthy lifestyle. While the results are not as dramatic as say, relief of chronic migraine headaches, or severe sciatic pain, etc., there are real and demonstrable results from regular adjustments that maintain the integrity of the nervous system. I heard a great example the other day. A gentleman in the practice who's been under care for over a year noticed a very significant difference. He said, "Doc, since I started coming here, I don't have to replace my shoes as often anymore because I'm not wearing them down so fast

because I can walk straighter." A brilliant observation, I thought! This, to me, has always been chiropractic at its finest. Whether saving wear and tear on shoes or starting life free of nerve interference for our newborns, chiropractic has always been about achieving your highest health goals. I am honored to be part of so many healthy lifestyles!

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Words of the Founders

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

“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

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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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