



Hands On Happenings

What Is Happening?

March 1st:
Spring Into Health Begins
(See details below.)

March 2nd:
Happy Birthday, Dr. Leigh!

March 4th:
Check out our Product of the Month
(See more details to the right.)

March 20th:
Happy first day of spring!



Spring into Health with Hands On Chiropractic!

March 1-31st, 2021

Receive a Complete Spinal Exam
For \$75* for the first 10 people who schedule.

This includes initial complete chiropractic consultation, exam and digital x-rays (if needed)

*1/2 of your fees will go toward our quarterly charity!

Call now to reserve your space!

(607)936-7871

Product Of The Month:



TOTAL GREEN PROTEIN

Total Green Protein is a powerful combination of protein, antioxidants, greens, sprouts, and healthy nutrition. Total Green supports energy, protein balance, detox, inflammation, weight, cholesterol levels, a strong immune system, intestinal homeostasis/bowel function, cell repair, and overall good health. Protein drinks that contain not only amino-acid building blocks for constructing hormones, enzymes, cell receptors, neurotransmitters, etc, but also contain many other beneficial nutrients, can provide a healthful addition to the diet. Protein drinks can also provide needed rest and support for inflammatory conditions, along with providing additional nutrients to boost support for inflammation, energy, and nutritional support.

10% off for the month of March



Check out our video on how greens are good for you!

The next Dynamic Thermal Imaging Session that will be held at Hands On is Friday, April 2nd

Click the link below for more information.

[Dynamic Thermal Imaging](#)

