



Hands On Chiropractic

56 Bridge St.
Corning, NY 14830
607-936-7871

...one spine at a time

Hands On Happenings

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

April 10th:
How to Double Your Energy
Workshop 6-3:30pm

Monday, April 15th & Tuesday, April 16th:
Office Closed

Thursday, April 18th:
Office Open All Day
7:30am-9am 11am-11:30am,
12:45pm-1:15pm,
2:45-3:15, 4:15-5:30pm

April 25th:
Happy Birthday, Robin!



Are you tired of struggling to lose weight? Are you finding it harder and harder to shed those pounds even if you diet? Unlike all the fad diets out there, the Ideal Protein Weight Loss Method can help you achieve lasting weight loss AND better overall health! Click the link below to learn more!

[Ideal Protein Weight Loss](#)

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Product of the Month:



Pillows & Ice Packs

D-Core Pillow-

Natural placement of the head and neck, accomplished with the many different styles and shapes of Core cervical pillows, can help relieve intense pain by providing natural and correct posturing in supine (back) and side-sleeping positions.

By providing proper neck support, cervical pillows can help with:

- Neck muscle and joint strains and sprains
- Tension headaches
- Whiplash injuries
- Arthritis
- Morning hand stiffness and swelling
- Temporomandibular disorders
- Stiffness
- Snoring (in some cases)

Ice Pack- The Ultimate Cold Pack is the *Ultimate* in cold or hot therapy for sore muscles and joints. Freeze- Stays flexible, stays cold. Microwave or boil- Holds heat longer. They are strong, durable & reusable!

10% off for the month of April



Join us for a half hour of health tips and information at our monthly workshops. Open to the community