



# Hands On Chiropractic

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

...one spine at a time

## Hands On Happenings

**Thursday, July 4th:**  
**Office Closed All Day**  
in Observance of Independence Day

**July 8th-11th:**  
Snacks and games all week long!

**Monday, July 9th:**  
Check out our Product of the Month  
(See more details to the right of this page.)

**Wednesday, July 10th:**  
"How to Double Your Energy!" Workshop!  
6-6:30pm  
**\*\*Bring a guest and be entered to win a health basket\*\***  
Snacks will be served!

**July 11th:**  
Don't miss out on our reduced spinal exams!  
(More information to the right of this page.)

**July 12th:**  
*Happy 20th Anniversary,*  
*Hands On Chiropractic!*



### **Celebrating 20 Years!**

Join Hands On Chiropractic in celebrating 20 years of healing!

- July 8th-11th
- Yummy snacks
  - Fun games
  - Great prizes
  - Special workshop
  - Reduced spinal exams!

Through the month of July  
Hands On will be giving  
**\$20 Spinal exams**  
(\$300 Value)  
Digital X-rays included if needed  
Call Today to Reserve Your Spot!  
(607)936-7871

Have you given us a review yet?

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For Email Newsletters you can trust

## Product of the Month:

### Aloe Vera Juice



Ingredients:  
Aloe vera inner leaf juice concentrate and purified water.

#### Benefits:

- Nourishes the digestive and intestinal systems.
- Soothes internal tissues of the digestive and intestinal tracts.
- Contains vitamins, minerals and other important nutrients.
- Supports intestinal health

Retail: \$23.40

**10% off for the month of July**