



# Hands On Chiropractic

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

...one spine at a time

## Hands On Happenings

### March 1st:

Spring into Health Begins!  
(See more to the right of this page.)

### March 2nd:

Happy Birthday, Dr. Leigh!

### March 11th-14th:

Stop In The Office To Take a St. Patty's Day Selfie  
With Us and Try Some Greens!

### Wednesday, March 20th:

5 Steps to your best health EVER!  
Workshop 6-6:30pm

## Spring into Health with Hands On Chiropractic!



March 4th-28th

Receive a Complete  
Spinal Exam

For \$45\* 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!

Have you given us a review yet?

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Dr. Leigh specializes in corrective chiropractic care -  
here's why.

Join our **FREE**  
Email Mailing List

Privacy by SafeSubscribe<sup>SM</sup>  
For Email Newsletters you can trust

## 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**