



# Hands On Chiropractic

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

...one spine at a time

## Hands On Happenings

**May 1st:**  
National Posture Month Begins!  
(See special details to the right.)

**May 3rd:**  
Check out our Product of the Month  
(See more details to the right of this page.)

**May 6th:**  
Check out our Facebook for a Mother's Day  
giveaway!

**May 12th:**  
Happy Mother's Day!

**May 20th:**  
Spring Sale begins!

**Monday, May 27th:**  
**Office Closed**  
**Happy Memorial Day!**



*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](#)

Have you given us a review yet?

[Find us on Yelp](#)

[Find us on Google+](#)

[Like us on Facebook](#)

### National Posture Month!



Receive a full spinal exam  
for only \$75!  
(Includes x-rays if needed.)

When was the last time you  
had your posture checked??  
Call today to schedule your  
reduced exam.

### Product of the Month:



Allerhale

For the temporary relief of Itching,  
Burning Watery Eyes, Sneezing  
Associated with Inhaled Allergens  
or Hay Fever.

\$22.80



ALJ

Soothes respiratory tissue.  
Assists the respiratory system in its  
natural cleansing processes.  
Supports the body during seasonal  
changes.

\$18.55



Nettle

Harvested from the wild, gently  
dried and ground to a usable form. It  
contains no chemicals, additives or  
artificial coloring.

Health & longevity through the  
healing power of nature-that's what  
it means to Trust the Leaf.

\$10.99

**20% off for the  
month of April**