



The Wellness Weekly

Hi family,

It's the 1st of November, which means the holiday season is officially in full swing!

Cue the Thanksgiving crafts, the family get-togethers, the festive baking, and the early Christmas shopping.

Also cue the inevitable stress from the hustle and bustle, cold and flu season, and **a super booked calendar.**

As the month begins, we are thankful to be a part of that booked calendar and commend you for taking your health seriously! Did you know about these chiropractic facts?

85% Less in
pharmaceutical costs

62% Fewer outpatient
surgeries and procedures

60% Less hospital
admissions

59% Fewer days in
hospitals

Chiropractic care is not only corrective, but **also preventative** (**which is a HUGE plus** during the holiday season when hospital visits tend to sky-rocket!).

We've got you covered beyond chiropractic care, too. This month, **be on the lookout** for a social media photo contest, an upcoming Friendsgiving referral giveaway, and our exclusive "Gratitude Series"...details to come!

We'll be hosting a Live Q&A on Facebook (have you followed us yet? If not, head here) and **we'll be covering ALL** of your questions! Speaking of questions...what is one health-related question that's been on your mind? Let us know and we'll be sure to cover it on the Live!

As you start looking forward to holiday festivities with family and friends, count on us to be your go-to health resource with deep dive research and insight on a multitude of relevant health topics.

Through the empowerment of a healthy lifestyle, let's create a November to remember!

Stay well,

~ Dr. Roeder & the CWCB Team 