

NOVEMBER 2021



Abundant Life
CHIROPRACTIC

NO AMOUNT OF STRETCHING WILL CORRECT
Spinal Misalignments



WONDERFUL EXPERIENCE COMING TO ALC.
HAD EVER SINCE I DECIDED TO JUMP OFF A 30
FOR A KIDS VIDEO AND POPPED MY BACK
AS YOUNG AS I USED TO BE. DR. JON
BEEN KEEPING ME MOVING EVER SINCE.
WITH MY BODY PAIN BY SPENDING MY



@ABUNDANTLIFERC

What's Happening



FEEDING FAMILIES • NOV. 3-19

This Thanksgiving season we will be supporting Abundant Living Family Church in their Feeding Families Donation Drive. For every \$25 raised, they will be able to provide a family with a Thanksgiving meal! Dr. Jon will also be matching all funds raised in our office for donation. Let us know if you would like to give!

[CLICK HERE FOR MORE INFO](#)



OUT OF OFFICE • NOV. 25 & 26

We will be out of the office on Thursday November 25 and Friday November 26 in observance of the Thanksgiving holiday. Be sure to reschedule your appointments accordingly!



BREASTFEEDING CLASS • DEC. 1 @ 12:00 PM

BUILDING A STRONG MILK SUPPLY

This class covers 3 key ways to help you build a strong milk supply in the first month of your breastfeeding journey, all about growth spurts and what to do for common challenges.



RSVP Here

