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**LAKELAND**  
CHIROPRACTIC

YOUR INNATE POTENTIAL

Now accepting new patients.

**Happy Thanksgiving!**

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## 7th Annual Food Drive

This holiday season, offer a helping hand to those less fortunate by donating to our community food drive. Over the past five years, Lakeland Chiropractic's food drive has helped our communities donate over 6,600 items to local food pantries. Your donation can be dropped off at our office from November 3rd-25th. If you know of someone in need, please let us know so we can help distribute directly to those in our surrounding community. All surplus will be donated to the Cedar Grove Area Food Pantry. Reorganize your kitchen cupboards, get your family & children involved, and help make a difference. Thank you for your continued efforts!

## Advanced Wellness Workshops

<http://lakelandchiro.net/events-wellness-workshops/>

Workshops are **30 minutes long and free to attend**. We can help you and your family establish reasonable, realistic goals for your well-being and health. Limited seating...call us to reserve yours today!



LAKELAND  
CHIROPRACTIC

Advanced Wellness  
WORKSHOP

DISCOVERING YOUR  
SOUL PURPOSE



**MONDAY, NOV 17th 6:30pm**

Every single person is here on this planet for a specific purpose. When your choices and actions align with your specific Soul Purpose, fulfillment and peace follows...When your choices and actions do not align, then the opposite occurs. This intention of this workshop is to help you discover your Soul Purpose



LAKELAND  
CHIROPRACTIC

Advanced Wellness  
WORKSHOP

SURVIVING  
THE HOLIDAYS



**MONDAY, DEC 8th 6:30pm**

The holidays are a wondrous time! They can also be extremely stressful...Have you ever noticed that the post-holiday season is the most common time for a person to have a health crash or symptom crisis? Attend this workshop and learn important strategies that you and your family need to Survive the Holidays.