

Happy December!

Community Outreach

Toy Drive

Winter magic and the anticipation of Santa are in the air. Help to give children a better holiday season by donating a new, unwrapped toy. We will be collecting items through Monday, December 20th for local children during the Holiday Season.

Food Drive

Once again, thank you all for your generous donations. Many families were blessed by our collection during the month of November.

Saturday Hours

Dr. Waters is available one Saturday each month to see patients. Our Massage Therapist, [Rosemary](#), is also available on these dates. Visits are by appointment only and fill up quick! Please contact the front desk to schedule or utilize our [scheduling app](#).

December 11th

January 8th

February 12th

Holiday Hours

Dr. Waters will be out of town on Thursday, December 23rd and will return Monday, December 27th.

If you experience a chiropractic emergency during this time, please call the office for instructions.

Wellness Calendar

The holidays are here! It's time to set some wellness goals. Use this [link](#) to download a wellness calendar for December. A healthy lifestyle is made up of a collection of daily decisions. Small changes spread out over a week, month, or year adds up to a healthy, happy you!

Healthy Holiday Tips

With holiday season in full swing, I wanted to encourage you not to let go of all your healthy habits. Little adjustments can add up to a healthier yuletide.

Schedule time when you will be active. When schedules are fuller than usual, exercise and movement can easily be put on the back burner. Using a fitness tracking app, or your calendar can be helpful to keep you on track.

Drink plenty of water throughout the day and create a goal to stay hydrated. Again, a tracking app can help with your intake goals. Add a squeeze of fresh fruit for variety.

Be mindful of immune system depletion. Lack of sleep, alcohol, sugar, and stress can wreak havoc on your immune system leaving you more susceptible to . Vitamin D supplementation can give your immune system a little boost. If you have questions about Vitamin D, please get in touch.

If you are attending a pot-luck style gathering, consider bringing a dish that is more on the nutritious side. Dr. Mark Hyman has a delicious recipe for a butternut squash and apple salad with a tahini dressing that can be found online.

During the hustle and bustle days, don't skip meals. This can lead to overeating later and ups and downs with blood sugar levels. Plan ahead with a handy snack of nuts, protein bars or an apple.

Most of all, enjoy this wonderful season with friends and family.

Scheduling App

Please use this [link](#) to download and use our Scheduling App. It is available 24/7 and is easy and convenient to use.

Wishing you a holiday filled with peace, love, and joy and a New Year rich with blessings.

Dr. Waters, Kyrsten, Bonnie & Kayleigh