

## Happy November!

### November Wellness Workshop - Three Tools to Reset your Nervous System & Manage Stress

Join us Tuesday, November 9th at 6:15pm as Dr. Waters collaborates with Amy St. Hilaire, MA to present this powerful class.

During this practical and timely workshop, Amy St. Hilaire will empower people with quick and easy techniques that work within minutes to reset the nervous system to peace and calm. This workshop is perfect for anyone who wants powerful tools to stay on track, be consistent and remain upbeat as they navigate the ups and downs of day-to-day life.

Our Wellness Workshops are free and fun! We invite you to bring you family and friends. Space is limited in the office, so we ask that you please RSVP with the Front Desk. This Workshop will be presented live at Waters Family Wellness in Lake Forest.

### 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](#).

November 6<sup>th</sup> (This Saturday!)

December 11<sup>th</sup>

January 8<sup>th</sup>

### Holiday Hours

Dr. Waters will be away from the office for a national pediatric conference on Thursday, November 11<sup>th</sup> beginning at noon. He will return on Monday, November 15<sup>th</sup> at 8:30AM.

Dr. Waters will also be on vacation beginning Monday, November 29<sup>th</sup> and will return Monday, December 6<sup>th</sup> at 8:30AM.

Dr. Waters will be out of town on Thursday, December 23<sup>rd</sup> and will return Monday, December 27<sup>th</sup> at 8:30AM.

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

### Wellness Calendar

November is here! It's time to set some wellness goals. Use this [link](#) to download a wellness calendar for November.

**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 very happy and blessed Thanksgiving.

Dr. Brad