

# DECEMBER

## RC NEWS



What's happening this month at RC?

**THANK YOU TO ALL OF OUR PRACTICE MEMBERS!!! BECAUSE OF YOU, WE WERE ABLE TO DONATE OVER 40 GIFTS FOR CHILDREN TO GREAT CIRCLE!!!**

**Did you know that an astounding 90% of people will experience a headache at some point in their life?**

Many believe headaches are caused by environmental stressors like foods, allergies, dehydration, lack of sleep, or lack of caffeine. The reality is that all of these account for a mere 5% of all headaches!!!

The other 95% of headaches come from tension in the neck! A few tips you can do to avoid tension in your neck, is to avoid prolonged static positions. The next stop should be to come get evaluated for subluxations. A subluxation is when one or more vertebrae misaligns causing nerve stress and irritation, which is one of the signs of neck tension. Specific, scientific adjustments correct subluxations and allow the body to relax and heal better naturally!

Where you can find the RC Team this month in the community:

Tues, Dec 11th

Dr. A will be at MU Admissions for a Free Lunch & Learn

Saturday, Dec 15<sup>th</sup>

Free Health Evaluations @ Columbia Farmer's Market

CHRISTMAS CLOSINGS:

DECEMBER 24<sup>TH</sup>-27<sup>TH</sup>

NEW YEARS DAY CLOSED

JANUARY 1<sup>ST</sup>



**COMPLIMENTARY**  
EVALUATION ON PRESENTATION  
OF THIS SLIP

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