

OCTOBER

RC NEWS

Pumpkin Painting & Chili Tasting

Friday | October 18th | 5:00 - 8:00 PM

Come with a **BIG** appetite
and a **CREATIVE** mind!

- Paint & Paintbrushes Supplied
- FIVE Chili Options to Sample
- One Bowl of Chili per Person
- Fresh Fall Sangria
- Activities for Kiddos to Enjoy

Restoration Chiropractic
1413 Grindstone Plaza Drive
Columbia, 65201

Lets talk about "Flu Season!"

Did you know that the Flu is not a season??? In fact, it is an **INability** to **ADAPT** due to **decreased** sun exposure & water intake, combined with **increased** sugar intake & stress. This year, create health; create resistance by restoring your best self @RestorationChiropractic.

**Where to find
the RC team in
the community
this month?**

Oct 12-13th:
Hartsburg Pumpkin
Festival!!!

Oct 12th: MU
HOMECOMING

Oct 18th:
**Pumpkin Painting
& Chili Cookoff!!!
RSVP @ the
front Desk**

Oct 19th : 10am:
Centralia Pumpkin
Fest!

Oct 27th: Paws 4 Cause
Howloween @ Stephens
lake



COMPLIMENTARY

EVALUATION ON PRESENTATION
OF THIS SLIP

www.chirorestoration.com

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