

## *PUMPKIN SPICE AND EVERYTHING... CHIROPRACTIC*

CLAIRPOINTE FAMILY CHIROPRACTIC



# *SPINE HEALTH AWARENESS MONTH*

OCTOBER 2023

During the month of October, chiropractic celebrates two very special occasions— the entire month has been dedicated to **Spine Health Awareness**, and October 16th is **World Spine Day**. Bringing awareness helps others understand how the burden of spinal disorders can impact your quality of life as you age.

Being under care at Clairpointe Family Chiropractic, we encourage our patients to commit to their adjustment schedules, practice their cervical and/or cox exercises, offer Foot Leveler custom fitted orthotics, and take Pharmaceutical-grade supplements recommended by the doctors to support their chiropractic care.

Clairpointe Family Chiropractic has been healing the Grosse Pointes and surrounding communities for over 70 years! We are happy to celebrate this month by providing you and your family with quality chiropractic care, along with giving you the tools and support for a lifetime of spinal health.



## **IMMUNE POWER PACK - \$57**

Your best defense during the cold/flu season is taking Zinc lozenges and Vitamin K2 w/ D3 to strengthen your immune system. If you feel a cold or flu coming on, take Viracid to help reduce the symptoms. Pick up your Immune Power Pack at your next adjustment.



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# FALL FUN AT CLAIRPOINTE!



## CLAIRPOINTE'S 13TH ANNUAL PUMPKIN CONTEST

It's that time of year again! During the week of **October 16th - 27th**, the staff will be decorating pumpkins, and Clairpointe patients vote for their favorite one. Whichever staff member has the most votes wins a prize!

Winners will be named on October 30th. Voting tip: You can vote at each of your adjustments for your favorite pumpkin.



## *DON'T FORGET THE TREATS!*

Mark your calendars! Clairpointe will celebrate the holidays with our patients on **December 20th and 21st**. We will have pastries by Josef's, hot coffee, and tea. We look forward to celebrating with you.

## LOVE IS IN THE AIR

Dr. Nathan and his fiancée, Elizabeth, are getting married on **October 28th, 2023**. We are very excited for the two of them and wish them all of the love and happiness!



## FOOD DRIVE

We will be collecting donations once again for the Inner City Youth Group starting **November 1st - 16th, 2023**.

Dr. Shoe and Lori will be donating the turkeys for the baskets. In recognition of your generosity, each item you bring in will enter you in a raffle for a prize!

### Items needed are:

- Boxed Mashed Potatoes
- Canned Vegetables
- Stuffing
- Canned Gravy
- Rolls
- Canned Sweet Potatoes
- Butter
- Canned Pumpkin
- Pies or Cakes
- Cranberry Sauce

## PLAY CLAIRPOINTE'S CRYPTOGRAM

Do you love puzzles? Play Clairpointe's new cryptogram. Scan the code on your phone and start playing today!

