

To Our Valued Patients

Your health and well-being is our top priority! We at Gerard Chiropractic want to reassure you our office is open with normal business hours. We will continue to serve you as we always do to help keep your immune functioning to its highest potential. Adjusting the spine stimulates the immune system.

In response to the COVID-19 (Coronavirus), our office is adding more cleaning and disinfecting procedures to ensure your safety. We are here for you, your family, friends and our community.

Also, for your safety, we are limiting our appointments per hour. There will be no waiting so less contact with others is possible.

The 5 keys to better health are more important than ever!
Cover these bases and you will be much less likely to get sick.

THE 5 KEYS ARE:

- (1) Proper diet more fruits, veggies and supper hydrated.
- (2) Get enough rest.
- (3) Exercise as usual. This increases the effectiveness of the lymphatic system which requires movement to circulate this germ-fighting fluid.
- (4) Positive mental attitude. Don't be a victim be a victor.
- (5) Reduce stress by getting adjusted.