

# Wellness



To visit the doctor when you're feeling great is something new. Yet, a growing number of people who want to be and do their best are visiting chiropractors on a regular basis.

True health is optimum physical, mental and social well-being and not merely the absence of disease or infirmity. Drinking more water, eating nutritious foods, regular exercise and virtually every other health habit produces even bigger dividends when you have a properly working system.

Although everyone wants to feel good, your care should not be based on whether you have pain or other symptoms. Subluxations may exist without obvious symptoms.

**Start On The Road To Better Health.....**

**Call TODAY !!! 903-729-4325**