



Helping You Live Better

Letter from *The Manager*

Happy Thursday!

Did you see Dr. Brown's recent video of balancing a book on her head on our FaceBook page? If you missed it, here's the link below.

<https://www.facebook.com/Excelfamilychiro/videos/250955056081187/>

Research shows maintaining correct posture is vital for our health! Can you balance a book on your head? My kids and I have been trying it for fun to see who can do it the longest!



Speaking of books, we compiled a list of our favorites to share with you!

- Dr. Brown - The 100 Year Lifestyle by Dr. Eric Plasker
- Dr. Hervat - The Ultimate Gift by Jim Strovall
- Sue - To Kill a Mockingbird by Harper Lee
- Laura - Sense and Sensibility by Jane Austen
- Mary - The Lord of the Rings Trilogy by J. R. R. Tolkien
- Sara - Fearless Living by Rhonda Britten
- Lorena - The Four Agreements by Don Miguel Ruiz
- Stacey - Jonathan Livingston Seagull by Richard Bach
- Caroline - The Alchemist by Paulo Coelho

Have a great weekend, stay safe and be well!

Laura



"Did you miss past month's issues of our newsletter?"

You can view them all here!"

[Newsletter Archive](#)



Call Today - 262-248-6700

