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Hello Live Well Chiropractic Family,

We wanted to reach out to you and let you know that we are OPEN! The U.S. Department of Homeland Security named Chiropractors Essential Critical Infrastructure Workers so we may continue to serve our patients and fulfill their healthcare needs, as well as to alleviate stress placed on emergency rooms and other clinics with patients who may otherwise present with symptoms or conditions commonly addressed with chiropractic care.

We are taking extra precautions and following the CDC guidelines during this current time. We want you to remember that your best defense against COVID-19 is a STRONG IMMUNE SYSTEM!

- We will sanitize equipment between every patient.
- If you would like to wait in your car, please call and let us know and we will text you when it is your turn.

Getting adjusted is one of the best ways to help keep yourself healthy! Others include: eating nutrient dense food, getting enough vitamin D, drinking lots of water, getting 7-8 hours of sleep per night, taking your probiotics, vitamin c, zinc, cod liver oil (for inflammation) and getting daily exercise. If you have questions about staying healthy, please let us know.

We are praying for you and your families and will be here to serve you to keep you as healthy as possible!

In Good Health,

Dr. Elizabeth Crumbaugh