

An active mind, active body, active spirit is Active Living

Our response to this COVID-19, The best DEFENSE is a great OFFENSE.

Here is our game plan at Active Living for the next month and how you and your family can survive and thrive through it all.

There are a lot of unknowns and it can be scary. We know that the best thing to do right now is to make sure we're all taking great care of each other and ourselves. Most importantly, taking care of our immune systems so that if you do come in contact with the virus, your body can quickly begin to fight it!

GET ADJUSTED. We will continue business as usual over the following weeks because we know how important a strong immune system is to fight any virus your body comes in contact with – regular chiropractic care alone can boost your immune response by 200%! Now is when your body needs chiropractic more than ever.

We want you to know we are taking extra precautions at Active Living to keep you safe:

1. We are consistently wiping down and sanitizing all surfaces even more within the office.
2. We have also removed all the toys that aren't easily wiped down to sanitize and bring back out when things have cleared. We apologize ahead of time if your child's favorite toy is missing when they come in!
3. All surfaces and tables are cleaned and sanitized consistently and we have hand sanitizer & wipes throughout the office if you feel more comfortable doing so yourself.
4. We will have an adjustment ONLY policy which means we will have you doing any pre adjustment exercises at home. Please ask the staff and we will be happy

to recommend ways to continue getting results from home.

5. If anyone has called in with any mention of not feeling well, we have moved all sick visits to outside regular patient hours.
6. We have kicked up procedures to be even more efficient so we can keep everyone getting in and out without the wait and also have private adjustment rooms if that makes you more comfortable. Come in, get an immune boost and head home!

During this time, let's all do our part to combat what we can control and keep using chiropractic to strengthen your immune system. There's no better time than now to ensure your body has the ability to adapt to any virus and exposure out there.

We're in this together.

Active Living Health Center Team.