

May 2026



"A Partnership Approach
to Maximum
Life Expression"

Sasso Family Chiropractic Center

www.sassochiro.com

732 - 929-3322

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1

10:00—12 noon
3 pm—6:45 pm

2

10:00—12 noon

The month of May is the gateway to summer!

3 *It does not*

*matter how
slowly you go as
long as you do
not stop.*

4

10:00—12 noon
3 pm—6:45 pm

5

3 pm—6 pm

6

10:00—12 noon
3 pm—6:45 pm

7 *Be gentle with*

*yourself; you're
doing the best
you can.*
-Paul Coelho

8

**10:00—12 noon
ONLY with Dr.
Mark Messano**

9

**10:00—12 noon
With Dr. Mark
Messano**

10

Mother's Day!

11

10:00—12 noon
3 pm—6:45 pm

12

3 pm—6 pm

13

10:00—12 noon
3 pm—6:45 pm

14 *A smile is a*

*curve that sets
everything
straight.*
-Phyllis Diller

15

10:00—12 noon
3 pm—6:45 pm

16

10:00—12 noon

17

*Success is the
sum of small
efforts - repeated
day in and day
out.*

18

10:00—12 noon
3 pm—6:45 pm

19

3 pm—6 pm

20

10:00—12 noon
3 pm—6:45 pm

21

*Perpetual
optimism is a
force multiplier.*
Colin Powell

22

10:00—12 noon
3 pm—6:45 pm

23

10:00—12 noon

24

*It's not what you
look at that
matters, it's what
you see.*

25

**OFFICE CLOSED
Memorial Day**

26

3 pm—6 pm

27

10:00—12 noon
3 pm—6:45 pm

28 *The weak*

*can never for-
give. Forgiveness
is the attribute
of the strong.*

29

10:00—12 noon
3 pm—6:45 pm

30

10:00—12 noon

31 *The best*

*preparation for
tomorrow is
doing your best
today.*

May your coffee be strong and your Mondays be short!