

July 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

Happy Independence Day!

1

10:00—12 noon
3 pm—6:45 pm

2

*Whoever is
happy will make
others happy
too.*

- Anne Frank

3

10:00—12 noon
3 pm—6:45 pm

4

10:00—12 noon

**Independence
Day**

5

*Surround
yourself with
people who are
going to lift you
higher.*
- Oprah Winfrey

6

10:00—12 noon
3 pm—6:45 pm

7

3 pm—6 pm

8

10:00—12 noon
3 pm—6:45 pm

9

*If you look for
perfection, you
will never be
satisfied.*

- Leo Tolstoy

10

10:00—12 noon
3 pm—6:45 pm

11

10:00—12 noon

12

*Confidence is
built by keeping
the promises
you make to
yourself.*

13

10:00—12 noon
3 pm—6:45 pm

14

**3 pm—5pm
ONLY**

**Dr. Joe & The
Infernos perform
at Shelter Cove,
7pm start**

15

10:00—12 noon
3 pm—6:45 pm

16 *Life is a*

*series of natural
and spontaneous
changes. Don't
resist them; that
only creates
sorrow.*

17

10:00—12 noon
3 pm—6:45 pm

18

10:00—12 noon

19 *Life is not*

*about waiting
for the storm to
pass, it's about
learning to
dance in the
rain.*

20

10:00—12 noon
3 pm—6:45 pm

21

3 pm—6 pm

22

10:00—12 noon
3 pm—6:45 pm

23

*Accept what is,
let go of what
was, and
have faith in
what will be.*

- Sonia Ricotti

24

10:00—12 noon
3 pm—6:45 pm

25

10:00—12 noon

26 *One day you*

*will wake up and
there won't be any
more time to do
the things you've
always wanted. Do
it now.*

27

10:00—12 noon
3 pm—6:45 pm

28

3 pm—6 pm

29

10:00—12 noon
3 pm—6:45 pm

30

*I never lose.
Either I win or I
learn.*

31

10:00—12 noon
3 pm—6:45 pm



Sasso Family Chiropractic Center ♦ 1174 Fischer Blvd. ♦ Toms River, NJ 08753 ♦ 732-929-3322 ♦ 732-929-1795 fax ♦

SassoChiro@gmail.com ♦ www.SassoChiro.com ♦ facebook.com/sassochiro ♦ twitter.com/sassochiro