April 2023



732 - 929-3322

FRI

Sun Mon Tue Wed Thu

SAT

10am—12 noon

1

Put a little SPRING in your step with CHIROPRACTIC!

2 Perfection is not attainable, but if we chase perfection we can catch excellence.	3 10:00—12 noon 3 pm—6:45 pm	4 3 pm—6 pm	5 10:00—12 noon 3 pm—6:45 pm PASSOVER BEGINS	6 No act of kindness is ever wasted. -AESOP	3 pm—6:45 pm	8 10am—12 noon
9 HAPPY EASTER	10 10:00—12 noon 3 pm—6:45 pm	11 3 pm—6 pm	12 10:00—12 noon 3 pm—6:45 pm	13 One book, one pen, one child, and one teacher can change the world.	14 10:00—12 noon 3 pm—6:45 pm	15 10am—12 noon with Dr. Mark Messano
16 We do not remember days, we remember moments.	17 3 pm—6:45 pm ONLY	18 3 pm—6 pm	19 10:00—12 noon 3 pm—6:45 pm	20 Your attitude, not your aptitude, will determine your altitude.	21 10:00—12 noon 3 pm—6:45 pm	OFFICE CLOSED. Drs. attending a continuing ed. program
23 Expect the best. Prepare for the worst. Capitalize on	24 10:00—12 noon 3 pm—6:45 pm	25 3 pm—6 pm	26 10:00—12 noon 3 pm—6:45 pm	27 Success is the sum of small efforts - repeated day in	28 10:00—12 noon 3 pm—6:45 pm	29 10am—12 noon

30 Formal education will make you a living; self-education will make you a fortune.

Be consistent so that your body can function as best it can for as long as it can with weekly spinal checks for you and your family. Your body will thank you.