

BFC NEWSLETTER

AUGUST 2025

Healthy Spines

Happy Minds

Back Pack Safety

A misfitted or overloaded backpack can contribute to poor posture, fatigue, and back pain



HELPFUL TIPS

1. Backpacks should weigh no more than 10% of your child's body weight
2. Always use both shoulder straps to distribute weight evenly

Sleep Smarter
Learn Better

Chiropractic care supports better sleep by restoring balance to the nervous system

...zzzz

Focused Shockwave Therapy

Workshop

Walk away from heel
and foot pain
naturally!



Tuesday August 5th
4:30pm

***Attendees receive
a complimentary
session, snacks &
refreshments

Pathways for Family

Wellness

Come connect with like-minded families
for a day of inspiration, real
conversations, and holistic living!
The day includes:

- ✓ Thoughtful discussions on raising healthy kids
- ✓ Fun activities, snacks, and food
- ✓ Free copy of Pathways to Family Wellness magazine

Spots are limited – call now to grab
yours!

(661) 631-0570

