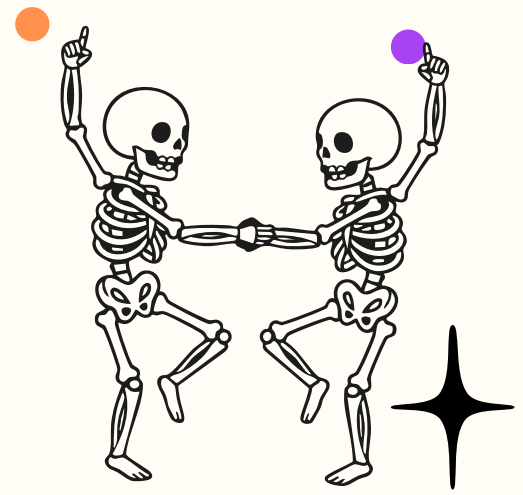




# BFC

# NEWSLETTER

OCTOBER  
2025



## TOP 5 SPOOKY SPINE FACTS



### 1. Skeletons Love Good Posture

Those dancing Halloween skeletons have perfect posture — a well-aligned spine keeps you moving like that (even after death... probably).



### 2. Chiropractors = Ghostbusters for Back Pain

They don't hunt spirits, but they do chase away phantom pains caused by misaligned bones. Spooky, but true!



### 3. Cracking Sounds? Not Your Bones!

That eerie pop during an adjustment? Just gas bubbles escaping your joints — not your skeleton falling apart.



### 4. Your Spine Is a Haunted Highway

Your nervous system runs through your spine like a ghostly superhighway. Blockages? It's like a zombie traffic jam.



### 5. Zombies Walk Like They Need an Adjustment

All that limping and shuffling? Classic signs of a misaligned pelvis. Someone call a chiropractor — stat!



# UPCOMING EVENTS



## Join us for our 5<sup>th</sup> Annual Pumpkin Decorating Contest

Pumpkins are available for pick up on **October 13<sup>th</sup>**  
and must be dropped off by **October 29<sup>th</sup>**.  
**Winner will be announced October 30<sup>th</sup>**

### Rules:

- Check out a pumpkin on the sign out sheet
- Judging will be grouped by ages: 0-3yrs, 4-6yrs, 7-9yrs, 10-12yrs, & 13+ Up
- You must add child's name and age on the bottom of the pumpkin
- The child must decorate the pumpkin with limited assistance for ages 4 and up
- No cutting allowed, they must be painted, paper mache, marker, etc



JOIN US ON **OCTOBER 30<sup>TH</sup>** FOR OUR  
**"BAY-BY-BAY TRUNK-OR-TREAT!"**  
WEAR YOUR COSTUMES, AND VISIT  
OUR ADJUSTMENT BAYS FOR TRICKS  
AND TREATS!

