

# BFC NEWSLETTER

December 2025

**YOUR NERVOUS SYSTEM IS LIKE YOUR BODY'S CHRISTMAS-LIGHT STRING—WHEN THE SPINE IS ALIGNED, EVERYTHING LIGHTS UP THE WAY IT SHOULD. KEEP YOUR 'LIGHTS' SHINING BRIGHT THIS SEASON!**



**12/5/25  
PATHWAYS FOR  
HEALTHY FAMILIES  
MEETING  
10:00AM-11:00AM**



**12/8/25  
2<sup>ND</sup> ANNUAL BFC  
BLOOD DRIVE**

## HOLIDAY SCHEDULE

**DEC 23 -CLOSED PM**

**DEC 24-26 CLOSED**

**DEC 31 - JAN 2**

**WISHING OUR BFC  
FAMILY A  
WONDERFUL HOLIDAY  
SEASON**



DAYS OF  
CHRISTMAS  
HAS ARRIVED  
AT BFC!



How to enter:



1 Adjustment = 1 Ticket

You may add your ticket to the gift of  
your choice. starting December 1<sup>st</sup>.

Multiple entries allowed.

Winners will be announced  
December 18<sup>th</sup>

