

# BFC Newsletter

MAY 2026

*Moms, We Want to  
Celebrate You*



Did you know? Moms carry more than their kids—they carry stress, tension, and the demands of everyday life. Over time, that shows up in the spine and nervous system.

From pregnancy to postpartum and beyond, your body is constantly adapting. Chiropractic care helps keep you aligned, reduce tension, and support your body through every stage—so you can feel and function your best.

**When Mom Feels Better, Everyone Feels Better**

📱 **Stay Connected**

Follow us on Instagram & Facebook for BFC's

**"In The Womb Wednesdays Series"**

—simple tips on how chiropractic care supports  
moms + babies.



Pathways for Healthy  
Families

**Friday, May 22<sup>nd</sup> 10:00am**

Parents in all stages  
welcome. Snacks + activities  
to follow!

# Gift the gift of Relaxtion

**MASSAGE  
CERTIFICATES ARE  
25% OFF THE  
MONTH OF MAY!  
GIFT MOM OR YOURSELF A GIFT  
YOU CAN ENJOY!  
HER BODY OR YOURS WILL  
THANK YOU LATER**

ALL CERTIFICATES ARE GOOD  
FOR ONE YEAR AFTER THE DATE OF  
PURCHASE



**Don't miss  
our  
Cinco De Mayo  
Photo Booth**



**Chiropractic  
CLOSED**

**May 13<sup>th</sup>**

**Massage will be  
OPEN**

**1:30pm-4:30pm**