

# BFC NEWSLETTER

JUNE 2026

## DON'T LET SUMMER PAIN SLOW YOU DOWN

Summer is here and that means more travel, walking, gardening, sports, and outdoor fun. But lingering pain can make it hard to enjoy the activities you love. If you've tried stretching, ice, heat, massage, or chiropractic care and are still struggling with pain, our Shockwave Workshop may be for you! Learn how Shockwave Therapy may help:

- Plantar Fasciitis
  - Shoulder Pain
  - Knee Pain
  - Tendonitis
  - Chronic Inflammation
  - Stubborn Aches & Pains
- Monday, June 28th 4:30

## Stay Hydrated

Summer heat can lead to dehydration and muscle tension. Add electrolytes to your water and ask us about Ultima Electrolytes!

## Father's Day Raffle

One Google Review or Testimonial  
= 5 Raffle Tickets!  
New Patinet Referral  
=10 Raffle Tickets!

Celebrate the Dads in your life and enter our Father's Day Raffle this month!

## Summer Hours

Monday closes at 4:30  
Closed Tuesday afternoon

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## SUMMER ACTIVITIES

Make a Splash: City Pools  
& Water Parks Open

Free Movies in the Park

Bakersfield Musuem of Art  
summer camps

Save the Date: Big  
Summer Events

U.S. 250 Tour  
(July 3)

WWE Summer Tour  
(July 26)

Hot Wheels Monster  
Trucks Live (August 23)

## BFC TRIVIA

What percentage of the human body is  
made up of water?

- A. 40%
- B. 50%
- C. 60%
- D. 75%

## STAFF FAVORITES

We are currently obsessed  
with our some of our  
patien'ts goods from  
Sourdough cookies to  
Whipped Tallow

## Patient Testimonial

After a first couple of adjustments Mom  
said," He is already climbing up on things and  
clapping. He wasn't doing that before."