












# February 2024



**FEB. 12<sup>th</sup> - 16<sup>th</sup> is *Valen-SHINE* Week**

Mon	Tue	Wed	Thu	Fri
5 10:00am-6:00pm	6 	7 10:00am-8:00pm	8 	9 10:00am-6:00pm
12 10:00am-6:00pm 	13 	Valentine's Day 14 10:00am-8:00pm 	15 	16 10:00am-6:00pm 
President's Day 19 10:00am-6:00pm	20 	21 10:00am-8:00pm	22 	23 10:00am-6:00pm
26 10:00am-6:00pm	27 	28 10:00am-8:00pm	29 	March 1 10:00am-6:00pm

As a courtesy to the doctor and all our practice members/patients, the office requires 24 HOUR advanced notice for Regular Care and 48 HOUR advanced notice for Examinations and SRI rescheduled &/or cancelled appointments.

A fee will be charged. Thank you

**FEB. 12<sup>th</sup> - 16<sup>th</sup> - *Valen-SHINE* Week**

➤ **Vitamin D is the “Sunshine” vitamin!**

Get your levels checked 1-2 times/year.

Your level should be at least 50+ (between 50-100)!

➤ **Empower your mind- so you will *SHINE*!!**

➤ **Eat “Healthy Goodies” to empower the Soul!!**

