

# ACTIVEHealth

Medical. Chiropractic. Physical Therapy.

*"Better Together"*

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Hello,

We hope everyone is well. These are tough and trying times. One of the most important things you can do right now is take care of yourself and your family.

Even though we are closed, we are working behind the scenes to gather information that will keep you and your family healthy.

We have attached a link below for you from the International Chiropractic Association on why getting adjusted, staying healthy, and eating right is so important for your immune system.

[Click Here](#)

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## **GOOD NEWS ALERT!!!**

Our Physical Therapy department is actively working towards implementing **Telemedicine!**

We anticipate this to be ready very soon. **Woohoo!!!**

Be on the lookout for [Video Updates](#) through social media!!

**AND**

When we reopen our office we will be a [Corona Safe Office!!!](#)

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## **WE ARE HERE FOR YOU!!**

We know this pandemic is hard for everyone and it's a disruption to everyone's lives. We at **Active Health** want to give some words of encouragement....

You're braver than you believe, stronger than you think and we are  
**"BETTER TOGETHER!" WE WILL** get through this!!!

Wishing you and your families to stay safe, practice social distance and shelter in place so we can get to the other side of this curve. We will see you soon.

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May this be a time of new growth and plentiful blessings!!

