



**Dr. David Dolberg and Dr. Duncan Shields
and the Staff of**

Family Chiropractic & Counseling

Invite you to participate in our 13th Annual

Holiday Helping Hands Day

What is it?

A special day on which we give you the opportunity to help the needy members of our community while we provide:

1. Free Chiropractic office visits
2. Complete evaluations for new patients
3. Free body comp analysis by Carol Epner
4. Free depression screenings by Family Counseling therapists

***All services by appointment only! Call 703-569-1300 to schedule**

Who benefits?

You, your loved ones, friends, and the needy!

This is a great chance to introduce someone you care about to the benefits of chiropractic. Your friends and relatives can receive a complete spinal evaluation, normal consultation, examination and x-rays, in exchange for a food donation.

When is it?

Current patients will be treated on Thursday, December 4th.

Your friends and relatives may schedule their complete Chiropractic Evaluation on December 1, 2, 3 or 5th.

What's the cost? We ask all who participate to bring a generous donation of **non-perishable food items** in exchange for treatments, x-rays, examinations, etc. (an extra visit if you are a current patient)

All donations will help feed members of our community through the Lorton Community Action Center, which provides food and financial assistance to individuals and families to prevent homelessness.

Appropriate items include

- Cereal, cereal, cereal!
- Canned tuna
- Canned soup
- Baby wipes
- Macaroni and cheese
- Peanut butter
- Feminine hygiene products
- Boxed desserts
- Instant breakfast cereals
- Size 4 and 5 diapers
- Pasta & sauce
- Cleaning supplies
- Gift certificates
- Kitchenware
- Laundry detergent
- Paper products
- Toiletries
- Jello



**8440 Old Keene Mill Rd
Springfield VA 22152
Call 703-569-1300 today!**

**Please
give from
the
HEART!**