

Help Someone who Has Back Pain Today!

Seven out of ten people are bothered by back pain. Waking up stiff and sore in the morning is a warning sign that your spine may be in trouble. Stabbing back pain is another warning sign. Decreasing your levels of activity, taking pain killers or feeling tired and sore at the day's end are all signs that something isn't right with your spine.

Why do so many people experience back pain? Because even though we are taught at an early age to have our teeth, eyes and ears checked, no one ever taught us to have our spine checked!

Offer for new and reactivating patients only. Coupon must be presented at time of appointment. May not be combined with any other offer.

THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS THE RIGHT TO REFUSE TO PAY, CANCEL PAYMENT OR BE REIMBURSED FOR PAYMENT FOR ANY SERVICE, EXAMINATION OR TREATMENT WHICH IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE EXAMINATION OR TREATMENT. THE RECIPIENT OF THIS GIFT CERTIFICATE WILL RECEIVE NO CHARGE FOR THE FIRST VISIT CONSULTATION AND EXAM. SHOULD TREATMENT BE DEEMED NECESSARY, THE USUAL FEES WILL BE EXPLAINED IN ADVANCE. THIS CERTIFICATE IS NOT VALID WITH MEDICARE, WORKER'S COMP AND PERSONAL INJURY CASES. OTHER EXCLUSIONS MAY APPLY. WITH THIS CARD/ONE TIME USE.

The Chiropractic mission is to help people heal without masking their pain with drugs. We can't reach everyone personally to tell them that Chiropractic can help but we can offer a helping hand: Refer those who you think could benefit from our care and we will give them our honest and sincere assistance—and this certificate for a complementary exam.

Valued at \$260 Special Offer Valid: Feb 25 - Mar 9, 2019

Call To Schedule Your Appointment Today!
Beaches - 273-2691 Nocatee - 834-2717



Ponte Vedra
**Wellness
Center**

Dr. Erika Hamer, D.C., DIBCN, DIBE
Owner & Chiropractic Neurologist

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