

# Help Someone who Needs Relief from Stress Today!

Stress is part of everyday living. Clearly it is not the stress, but our response to it that is critical. Whether your body considers stress good or bad is largely a function of how well it can accommodate it. Think of your spinal cord as a guitar string—the greater the tension the higher the note. Your nervous system has “tone” as well. With each stressor, your body tightens up and the weakest joints of your spine are forced out of their normal position. Like the shrill notes from an over-tightened string, your body loses its capacity to respond resourcefully to the stress at hand.

**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.

While Chiropractic care cannot eliminate stress, its ability to reduce tension in your nervous system can help increase your capacity to accommodate it.

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 complimentary exam.

**Valued at \$260    Special Offer Valid: Oct 15 - 27, 2018**

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



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

**BEACHES**

100 Corridor Rd South, Suite 220  
Ponte Vedra Beach, FL 32082

**273-2691**

**NOCATEE TOWN CENTER**

205 Marketside Ave, Suite #200  
Ponte Vedra, FL 32081

**834-2717**

WWW.PONTEVEDRAWELLNESSCENTER.COM  