

Our Thoughts on COVID-19

As always, the wellbeing of you and your family is our highest priority at **Ponte Vedra Wellness Center**. We continue to follow and apply health and safety regulations, regardless of season or sickness. This is how we ensure that our practice members can trust us, not only for chiropractic care, but for the office environment.

What We Are Doing

- We are giving specific, scientific adjustments designed to boost immunity against all germs and viruses.
- The office is being thoroughly and regularly sanitized.
- We thoroughly sanitize our hands between each adjustment.
- We wipe down all tables and use new paper for each patient.
- If you would prefer, the person at the front desk can sign you in.
- Our goal is to be more efficient to avoid crowding in the office.

ALSO – If you need to pick up any products such as CBD Cream or any of the supplements we carry, we can arrange to meet you in our parking lot if you call us to place your order in advance – at least 24 hours' notice would be best. Regarding payment, checks are best but we can also take a credit card payment over the phone when you call to place your order.

Immune System Booster Facts

- Chiropractic focuses on maintaining your health naturally to help your body resist disease, rather than simply treating the symptoms of disease. Chiropractic boosts your immune system as much as 200%. (“Pero R.” “Medical Researcher Excited by CBSRF Project Results.” The Chiropractic Journal, August 1989; 32.)
- Spinal misalignments cause bones or tissues to press on nerves, affecting their ability to send signals throughout your body. These misalignments, called subluxations, can interfere with the normal functioning of your organs and immune system. Adjustments relieve pressure on your nerves and help you stay healthy.

We care about each of you so deeply and want you to know we are here for you. Please call us at 273-2691 with any questions or to make an appointment.

Recommendations for Staying Healthy

Continue to get adjusted, so your brain and body can communicate without interferences.

Wash your hands often with soap and water for at least 20 seconds.

Use an alcohol-based sanitizer.

Keep away from others who are sick.

Avoid touching handrails, door handles and other high traffic surfaces in public places.

Avoid touching your face, nose, eyes, etc.

Avoid non-essential travel.

If you aren't feeling well (even if it's mild), stay home, rest and hydrate.

Maintain your current nutritional and exercise schedule that are recommended by this office.



Ponte Vedra

**Wellness
Center**

We keep your spine in align!

www.pontevedrawellnesscenter.com 