



Newsletter

Volume 4 | Issue 4 | December 2024

Practice Updates

- **Lantern Lane is now open!**
- **Holiday Charity initiative**
- **New Year New You (Allentown location)**

Inside this Issue

- Pg 1: New Year New You Challenge**
- Pg 2: Holiday schedule and charity initiative**
- Pg 3: Lantern Lane**
- Pg 4: Happy Holidays**

New Year New You Challenge

Starting January 2nd we will be kicking off the New Year with an 8 week weight loss competition. Entry into the contest will require the purchase of at least 1 box of Potential Power Nutrition protein supplement (14 servings/box \$49.99) to compliment our recommended diet plan. Sign ups will be held between January 2nd through January 31st. Upon signing up we will obtain an initial weight and waist size measurement. Your 8 week window starts immediately after initial measurements are obtained. Percentage of body weight lost and inches off the waistline will be calculated to determine the winners. (Allentown location only for this year)

1st place winner: Receives choice of either a wellness 12 adjustment package or a 12 deep tissue laser therapy package on an area of choice. Both >\$500 value.

2nd place winner: Receives a 6 treatment deep tissue laser therapy package to be used on an area of choice. \$300 value

3rd place winner: Receives a free box of Potential Power Nutrition protein supplement. \$50 value.

We will supply a recommended diet plan for all contestants. Compliance and exercise volume is up to the individual.

Exclusions:

- Recent or scheduled bariatric surgery
- On a current weight loss medication
- On another prescribed diet plan or weight loss supplement



Upcoming Holiday Updates

Schedule

With the holiday season quickly approaching we encourage everyone to take time out of their busy schedules to recharge and reconnect with family and friends. **Our offices will be closed Christmas day through New Years day for a holiday reset. Office hours on Christmas eve will be from 8am until 12pm. We will reopen for normal operation on January 2nd 2025.** During this off time, we will be monitoring the phone lines and online messaging system for emergent needs. If anything would arise please do not hesitate to reach out.

Donations

Between Thanksgiving day and Christmas Eve we will be collecting donations for Turning Point of the Lehigh Valley. Turning point is a safehouse for survivors of domestic and/or partner abuse. Here is a list of high priority items for the organization:

- Art supplies and toys for children of all ages
- Bed sheets
- Bath towels
- Baby wipes, diapers, formula, bottles, clothing
- Toiletries including soaps, shampoos, detergents, lotions, tooth brushes & toothpaste
- Clothing for all ages, pajamas, lounge wear, socks, undergarments
- Phone chargers



Lantern Lane Now Open!

December 2nd we opened Chiropractic Associates of the Lehigh Valley at Lantern Lane in Conyngham, PA. We want to welcome all of our patients to our practice and are thrilled to be able to provide a fresh new location to receive care from our chiropractor, Dr. Dan Gavio, and our massage therapist, Mary King. A lot went into making our grand opening possible and we want to take an opportunity to thank our staff, Ann Marie Zapotocky, Wanda Gelezinsky, Marion Mehalick, Dan Gavio, Mary King, and Sara Wetzel, for all of their hard work. We appreciate everyone's support and continued patience as we work through some of the initial start up kinks. For patients, new to our group, we want to make you aware that you have multiple means of getting access to an appointment including the "schedule now" function on our website www.chiroassociateslv.com, text messaging, email at calvlanterlane@gmail.com, or calling the office at 570-240-4642. We are here for you!



Happy Holidays!

On behalf of all of us at CALV, we want to wish all of you a safe and healthy holiday season. We look forward to continuing to provide the highest quality care to you and yours. Your continued trust in us is much appreciated and we look forward to seeing you soon!

