

November 21, 2018

Healthy Holidays!

And... Happy Birthday to us all! Yesterday we celebrated our 27th anniversary here in Winchester (WOW- so hard to believe!) We are honored by your love and support over these years. Before we welcome 2019, let's take a look at the blessings 2018 has bestowed upon us.

A few months in, we are **LOVING** our newly remodeled office! You've described our makeover as "bright," "lively," "fresh," and "joyful." We couldn't agree more! Freshening up the floor plan allows for a more healing environment- giving, loving and serving more families is essential for the health of our planet. We appreciate being able to provide you with the finest Chiropractic health care in our beautiful new surroundings.

We are **SO** happy to welcome a new member to our team this year!! Linda is a brilliant woman who has heartily jumped into our Chiropractic world and is the embodiment of **Life and Love**. Linda is gracious and eager to serve with her wisdom and life experiences- she's a wife (a Navy wife!) and mother who brings a humble appreciation of God's blessings- a newcomer to Chiropractic health care, she's a sponge and is soaking it all in. We are grateful for her loving and giving spirit and that she, along with her husband Bill, has agreed to join our wonderful family here at ABC Chiropractic. We are so excited!

After a short hiatus, Adriana rejoined our team this spring and we are so thankful! She and Chris head up a true Chirofamily- they, along with Landon and Lucas, get checked weekly to ensure they grow up to be a healthy and happy family- a beautiful expression of God's love. Clear and connected families are the greatest gifts we can give back to our creator.


Dr. Merri is constantly reminding us to take care of ourselves first so we are able to serve others from our overflowing cup. She's finally taking her own advice- during Christmas week, she will be resting and recharging her batteries, getting ready for the adventures the New Year will bring. Dr. Mascha will be adjusting all day Thursday, December 27.

We have also grown a great deal this past year- in every way someone can grow. Whether it be for 27 years, 3 years or a few months here at ABC, each one of us is thrilled and inspired by the miracles that occur here every day - when those most precious to us realize their greatest life expression through Chiropractic care, we are evermore mindful of the gift of life we have been given. Always remember- **Nothing is Greater than Life!**

As always, your support of our community projects- around the world and here at home- means the world to us. Thanks for your compassion and generosity- when we give, love and serve out of our own abundance with no expectation of anything in return, we are truly blessed beyond measure.

As 2018 comes to its' end, we realize that ABC Chiropractic couldn't be who we are without you. We are grateful for your support- we celebrate and applaud your commitment to the health and wellness of yourself, your family, and your friends- our community!

We wish you great holiday blessings- we love you because you love the things we love!


Meredith Oudt, D.C.


Adriana Taylor


Linda Ekberg