MONTECITO
— CHIROPRACTIC CENTER —

DR.'S ADJUSTING HOURS:
Mon & Wed 7:10–10:30am & 2:30–5:00pm
Tue 10:30am–2:00pm · By appointment
Thu 2:30–5:30pm
Fri 7:10–10:30am

NOVEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 **FIRST DAY** Food bank drop-off	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20 **LAST DAY** Food bank drop-off	21
22	23	24	25	26 *Happy Thanksgiving!* **OFFICE CLOSED**	27 **OFFICE CLOSED**	28
29	30					

THANKSGIVING FOOD DRIVE

Give back to our community

New & current patients: Bring 2–3 bags of non-perishable food for our food bank drive.

Donation drop-off: November 2–20

ALL FREE WITH YOUR DONATION

Consultation • Comprehensive upper cervical & spinal exam • Postural assessment
Upper cervical X-rays, if needed • Personalized report of findings

Call 415-454-3717 to schedule.