



Lifetime Chiropractic
Complete Wellness Centers

Lifetime Chiropractic
7007 Wyoming Blvd NE # E1
Albuquerque, NM 87109
Phone: (505) 822-0306

Dear Patients and Friends,

Your health and safety is our top priority. As a valued patient, you're a part of our community—that's why we wanted to reach out. It goes without saying that our thoughts are with everyone affected by the global outbreak of coronavirus (COVID-19). In these uncertain times, we wanted to ensure you about the action steps we are taking at Lifetime Chiropractic support the health of you and your families.

At Lifetime Chiropractic, the health and safety of our patients, staff, and community are our priority. We are closely monitoring the evolving coronavirus/COVID-19 situation and following the guidance provided by the CDC, WHO, and local regulatory agencies as precautions for your health and safety which includes:

- Open our normal business hours with with hand sanitizer available to you. In addition, we are staggering our scheduling so that there are fewer people in the office..
- Increased sterilization of office and high touch surfaces, including the frequency and level of deep cleaning to our equipment, treatment rooms, treatment tables, and public and communal areas.
- Closely monitoring the health of our staff and taking appropriate measures with increased personal sanitization of hands, etc.
- **Encourage all of you to support your immune system naturally by maintaining your chiropractic adjustments. We can also provide nutritional support recommendations for staying healthy and boosting your immune system.**
- Recommend eating plenty of vegetables and fruits, staying hydrated, avoiding sugar and caffeinated beverages, getting plenty of rest, getting fresh air and sunshine and managing stress levels well while avoiding unnecessary large gatherings.
- If you think you aren't feeling well or exhibiting symptoms of a fever, cough or difficulty breathing, please give us a call at **(505) 822-0306** so that we can reschedule your appointment for a different time and help direct you where to go or call to get appropriate medical care.

Together we can ensure that our families are safe and healthy. We appreciate your understanding during this time and please know that we are here to serve you. **Reach out with any questions** you may have and remember that we will always prioritize your health.

Yours In Recovery, Revitalization & Wellbeing,

Dr. Elaine Adams, Teresa Aicher, Jennifer Shimilimo and Austin Herrera