

IT'S YOUR TIME TO STOP SUFFERING

Back Pain ■ Neck Pain ■ Shoulder Pain ■ Arm Pain
Headaches ■ Knee & Foot Pain ■ The Effects of Stress

GET PAIN RELIEF IN JUST 5-STEPS!

- **Full Exam.** Find the True Cause of Your Problem
- **Chiropractic Adjustments.** Restore Function
- **Deep Tissue.** Mobilize Years of Scar Tissue
- **SpineFit™ Exercise.** Re-Gain Strength, Balance
- **Create Healing Momentum**

DR. ADAM SPINDLER

Board Certified Doctor of Chiropractic
NSCA Cert. Strength & Cond. Specialist

- **530-544-4400**
- 2565 Lake Tahoe Blvd., (at Fitness Evo.)
New expanded parking!

