

Q: Do I **need** to keep coming forever?

A: This is one of the great fears about Chiropractic. The answer is no! There are reasons that people sometimes **choose** to continue care for months or years.

Your health is your responsibility. Chiropractic is a great tool for helping you to express yourself fully and optimally. However you choose to use that care is up to you.

Continue care for as long as you wish to continually grow and evolve in a wellness lifestyle direction. How long do you have to come in? For as long as you want to keep growing! It's entirely up to you.

Chiropractic is a lot like good nutrition or exercise. It is part of a healthy lifestyle, but it only works if you commit to it.