



Dear Practice Members,

You, our community, are the most important part of Central Park West Wellness. We want you to know that your health and safety is our number one priority always, and particularly during these uncertain times. Chiropractic is a vital and essential healthcare practice to keep you and your families healthy during times of stress and health challenge. Keeping your nerve system free from interference with regular chiropractic care is a proven way release tension, deepen breathing and boost ones immune response.

As always, we keep hygiene and cleanliness at a very high standard, and for the foreseeable future some of the extra practices we have adopted include:

- Hand sanitizer readily available
- All staff members diligently washing hands between patients
- All surfaces and care tables wiped down before and after every patient with approved sanitizer
- Scattered appointment times to ensure there are no more than a few patients in the office at the same time to adhere to social distancing practices. (One patient per room and no more than one in the reception area.)
- All patients and staff are asked to perform a personal health assessment before coming to the office, if you are feeling symptomatic in any way, or have been in contact with someone who is, please contact your Primary Health Provider for instruction and please do let us know.

We will be open Mondays and Thursdays ONLY, keeping our usual hours of 7:30-1, and 3-6.

If you are in a unique situation and feel you cannot come into the office, Dr. Roseberry will be available for neighborhood house calls.

Other ways to insure you give your body its best opportunity to stay healthy are to keep hydrated, increase vitamin C, Elderberry syrup, oil of oregano, eat lots of leafy greens and broth based soups, exercise, meditation, and vitamin D (take a walk in the sunshine!).

If you have any questions or concerns please feel free to reach out. We will keep our community updated as this situation evolves.

Here for You In Health,

Dr. Gilbert, Dr. Roseberry, Millie, Mercedes, and Jonathan

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