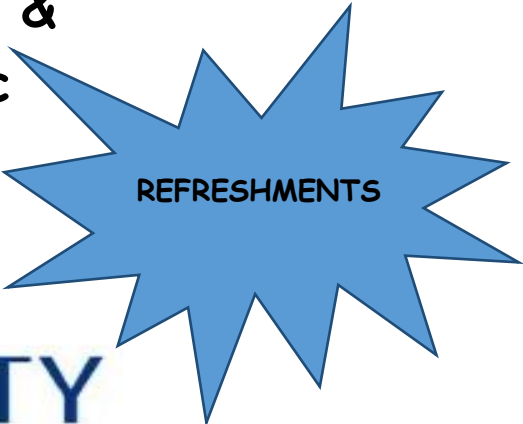


**Dr. Daniel C. Toland &  
Toland Chiropractic  
Wellness Center**

Proudly present

**COMMUNITY  
WELLNESS DAY**



**REFRESHMENTS**



**GIVEAWAYS**



**PRIZES**

**SATURDAY, NOVEMBER 22<sup>ND</sup>  
10AM-2PM**

**13478 CARROLLTON BLVD., CARROLLTON  
EAGLE HARBOR SHOPPING CENTER**

- **WORKOUTS BY BURNFIT ATHLETICS**
- **IOW SHERIFS DEPARTMENT IDENT-A-KID**
- **COMPUTERIZED HEALTH SCREENINGS**
- **NUTRITIONAL SUPPLEMENT SAMPLES**
- **DISCOUNTS ON SUPPLEMENTS AND PRODUCTS**
- **FREE MESSAGES**
- **SMITHFIELD HIGH SCHOOL DRUM LINE**
- **NORFOLK ADMIRALS MASCOT**
- **AND MORE!!!**



**PET  
ADOPTIONS**



**For more information on how you can support and participate in  
Carrollton's Annual Community Wellness Day**

**Contact**

**Dr. Daniel C. Toland or his team at (757) 745-7367 or email [TolandChiropractic@verizon.net](mailto:TolandChiropractic@verizon.net)**