

# GRAND OPENING OF NEW OFFICES!!!

## LONSTEIN CHIROPRACTIC AND ACUPUNCTURE



**Chiropractic services including low-force chiropractic, traditional chiropractic, and electrical muscle stimulation.**

**Acupuncture for pain relief, migraines, arthritis, depression, allergies, PMS, hot flashes, fertility, weight control, sciatica, stress management, improve sleep and relieve insomnia, health maintenance, addictions.**

**Massage Therapy, Hot Stone Massages, Swedish Massage, Deep Tissue Massage, restorative mud wraps and body treatments.**

**Dr. Herbert M. Lonstein, D.C.**

**Diane Silverberg, L.ac ☯ Lisa Smiles, LPN ☯ Laura Warf, L.M.T.  
Dana Lutz, office manager**

*Most insurance accepted*

1 Terrace Hill ☯ Lonstein Professional Building ☯ Ellenville, NY

Call **647-8866** for your appointment today!