



# Lonstein Chiropractic & 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 & Relieve Insomnia, Health Maintenance, and Addictions.

**MASSAGE THERAPY, HOT STONE MASSAGES, SWEDISH MASSAGE, DEEP TISSUE MASSAGE, MUD WRAPS AND BODY TREATMENTS.**

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

**Diane Silverberg, L.ac** ☺ **Lisa Smiles, LPN** ☺ **Laura Bauer, L.M.T.**  
*Most Insurances Accepted*

1 Terrace Hill ☺ Lonstein Professional Building ☺ Ellenville, NY  
Call 647-8866 for your appointment today!

## Ellenville

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**ROUTE 209, 55 NORTH MAIN ST., ELLENVILLE, NY**  
**845-647-6290**

*Minutes From Middletown, Kingston & Monticello*

## Canal Lodge Adult Care Center

221 Canal Street  
Ellenville, New York 12428  
845-647-8461

I am interested in the Adult Care Program:

- I would like an appointment to meet with a representative to discuss the program.
- I am interested in volunteering in your program.
- I am interested in having a speaker present the program to my organization.

Home Phone \_\_\_\_\_

Hours Available \_\_\_\_\_

Business Phone \_\_\_\_\_

Hours Available \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

**A Program of Ulster Home Care, Inc.**