

As a teen staying healthy is very important. I've been getting adjustments since around the age of seven and continue to get them to this day. And ever since then not only have the adjustments kept headaches away, but they've helped me in sports by helping me keep a focused mind. In result of the benefits of my chiropractic care, I have been rewarded with a National Fitness Award that proves that I am more fit than 50% of other students. Kingston Crossing Wellness has helped me reach goals and achievements and I will always be thankful to them.

Seline Stebbins

