

**Biography:**

Dr. Abby grew up in Lawrence, KS and graduated from Free State High School. She then attended Washburn University in Topeka, KS and graduated with a Bachelor of Science Degree in Biology with a Chemistry minor. While taking a year off from school Dr. Abby started working for a Chiropractor and eventually decided to go to Chiropractic School. She attended Cleveland University in Overland Park, KS and graduated as a Doctor of Chiropractic. Dr. Abby then came back to her hometown to open her own practice, The Chiropractic Element, so she could serve the community that raised her.

**Session Description:**

Dr. Abby will be delivering a speech called How to Stay Young. This class will focus on natural ways you can take care of your body to help keep you moving long past retirement. We work hard every day to ensure that we will be able to take care of ourselves and our families during our retirement years, but many times we forget to take care of our bodies so that we can enjoy our retirement years.

Many of us are already experiencing lower back and neck pain in our pre-retirement years. Dr. Abby will be teaching us her secrets of getting the body out of pain and keeping it out of pain using chiropractic care.

We will also be learning some stretches that can be done anywhere to help keep the body in motion and help prevent stiffness and soreness in our daily lives.

Make yourself a priority for a change and learn how you can keep yourself, and your family out of pain with Dr. Abby Hanson and The Chiropractic Element.