

Live Well Chiropractic Welcomes Dr. Joe Kiray to Its Team

September 08, 2026

NEW PARIS, PA - September 08, 2026 -

Live Well Chiropractic has welcomed Dr. Joe Kiray to its clinical team. The practice introduced him in an August 7 Facebook post and again in its September newsletter as the office continues operations in its 25th year.

Dr. Kiray grew up in Pittsburgh. His interest in chiropractic began after a basketball injury that left him unable to walk for three days. After receiving an adjustment at a chiropractor's office, he was able to stand and walk. That experience led him to enter the profession. The practice stated that he joined Live Well Chiropractic because he wanted to work in a setting focused on patient health and well-being. His personal interests include hunting, fishing, hiking, and camping.

Dr. Kris Arnold founded the practice in 2000 after graduating from Parker College of Chiropractic. Born and raised in Bedford County on a family farm, he returned to the area to open the office. The practice reports more than 25 years of operation and more than 1,000 patients served. It also states that it accepts major insurance providers, including UPMC, Blue Cross Blue Shield, United Healthcare, and Medicare. Earlier in 2026, the Bedford County Chamber of Commerce recognized the practice's 25th anniversary.

The existing team includes Dr. Jason Stephens, Pediatric and Family Health Director, who graduated from New York Chiropractic College in 2006, and Dr. Randy Tabita, Wellness Director, who graduated from Life University in 2007. Massage therapists Suzanne Marisic, Kristy DeHaven, and Kaylene Ewald, Functional Health Coach Kelsey Havlin, and Regenerative Therapist Jordyn Polke also work at the office.

"Welcoming Dr. Joe Kiray adds another doctor to the clinical team as the practice continues its 25th year of service," said Dr. Kris Arnold, Owner and Clinic Director of Live Well Chiropractic. "His background and decision to join the office support the team's work with families in the community."

The office provides instrument-assisted chiropractic adjustments, massage therapy, and nutritional counseling. It also lists regenerative services that include S-Wave therapy, PEMF therapy, and low-level laser therapy. On the practice website, S-Wave is described as sound-wave technology used as part of its regenerative offerings. PEMF is described as pulsed electromagnetic field therapy offered as a complement to chiropractic care. Low-level laser therapy is listed among the office's regenerative options. These descriptions come from the practice's own service pages and are presented as the therapies available at the clinic rather than as independently verified treatment outcomes.

"Joining Live Well Chiropractic provided an opportunity to work in a practice focused on patient care and family health," said Dr. Joe Kiray.

The August 7 Facebook post and the September newsletter presented Dr. Kiray's hire as an addition to the doctors already on staff. Both announcements noted that he is seeing patients at the office. His Pittsburgh background and outdoor interests were included alongside the injury that first led him to chiropractic.

Dr. Stephens's role includes pediatric and family care. Dr. Tabita's background includes posture, biomechanics, and spine rehabilitation. Massage therapists on staff trained at programs in Pittsburgh, Maryland, and State College. Functional nutrition coaching and regenerative therapy support are available through other team members.

The addition of Dr. Kiray increases the number of doctors available for appointments. The practice continues to operate with a coordinated team model in one location. Services remain organized so that chiropractic care may be combined with massage and nutrition support when appropriate.

Over 25 years, Live Well Chiropractic has remained based in the Bedford County area. Dr. Arnold opened the office after completing his chiropractic education and returning to the region where he was raised. The current team includes doctors, therapists, and coaches working in the same setting.

Live Well Chiropractic combines chiropractic care with massage therapy, nutritional counseling, and regenerative options listed on its website. Founded by Dr. Kris Arnold in 2000, the practice now includes Dr. Joe Kiray among its doctors.

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For more information about Live Well Chiropractic, contact the company here: Live Well Chiropractic Dr. Kris Arnold, Owner and Clinic Director (814) 624-0606 lwc@live-well-chiro.com 1634 Quaker Valley Road New Paris, PA 15554

Live Well Chiropractic

Live Well Chiropractic provides total natural care through gentle chiropractic, massage therapy, nutritional counseling, regenerative therapies, healthy weight loss, and more.

Website: <https://live-well-chiro.com/>

Email: lwc@live-well-chiro.com

Phone: (814) 624-0606

