



The 5 Keys to Bulletproof Your Family's Immune System

TWO OPPORTUNITIES TO ATTEND

**Thursday
Oct 15th**

12PM & 5:30PM

Live Well Chiropractic Schedules October Workshop on Family Immune Habits

October 09, 2026

NEW PARIS, PA - October 09, 2026 -

Live Well Chiropractic has scheduled a public workshop on family immune habits for Thursday, October 15, 2026. Dr. Kris Arnold, owner and clinic director, will lead two sessions that day, one at noon and one at 5:30 p.m. The practice posted the event as households enter the months when respiratory illness is more common. The public listing places the workshop at the practice in New Paris and does not show an admission charge or a registration fee.

The listing describes the workshop as a practical session on everyday habits, nutrition, and routines. Planned topics include five habits the practice associates with immune support, three practices it describes as common mistakes, nutrition and lifestyle strategies for fall and winter, and tools Dr. Arnold says he uses with his own family and the office team. The listing also notes a discussion of vaccination questions. The release reports that item as part of the posted agenda and does not present conclusions about vaccine safety or effectiveness. Established public-health guidance remains the reference point for vaccine decisions. The practice described the gathering as an informational session and invited attendees to bring a friend or family member.

Dr. Arnold founded Live Well Chiropractic in 2000 after graduating from Parker College of Chiropractic. He was born and raised in Bedford County on a family farm and returned to the area to open the office. The practice reports more than 25 years of operation and more than 1,000 patients served. Earlier in 2026, the Bedford County Chamber of Commerce recognized the practice at a 25th anniversary gathering. Those details come from the practice's own materials and prior public notices.

The clinical 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 and a functional health coach also work at the office. The October workshop is an educational event led by Dr. Arnold, not a clinical appointment.

"The workshop reviews habits and nutrition questions that come up as colder weather begins, and it does not replace individual medical advice," said Dr. Kris Arnold, owner and clinic director of Live Well Chiropractic.

Functional nutrition at the practice is coordinated with Kelsey Havlin, functional health coach. The practice describes that program as a guided review of nutrition and related lifestyle factors. Dr. Stephens's role includes pediatric and family care, and his background includes study of nutrition and whole-food supplements. Those roles connect to a household workshop because the announcement mentions family routines.

"A seasonal workshop gives parents a set time to review habits before the months when respiratory illness is more common," said Dr. Jason Stephens, pediatric and family health director. "The session is meant as education for households, not as a treatment visit."

The practice has paired clinical work with community gatherings. In 2026 it took part in a Chamber of Commerce recognition of its 25th year and has hosted collection drives for local organizations. The October workshop is a separate education session. The public listing states that anyone may attend and shows interest and attendance responses. It does not state a capacity limit.

The date is tied to the start of colder weather. The announcement uses the contrast between people who seem to stay well and people who become ill more often as its framing. That contrast is reported as the practice's event language, not as a medical finding. Agenda items are limited to the topics named in the listing.

Dr. Arnold and his wife, Tina, have three children. The announcement says he will discuss supplements and tools he uses at home and at the office. That item is reported as an agenda point. The release does not state

that those products prevent infection.

The office continues to operate with a team model that combines chiropractic care and complementary services. The mid-October workshop extends the education role into a seasonal topic. Noon and 5:30 p.m. on October 15 are the only start times listed, and the listing does not show a charge for attendance.

Attendees can choose the midday session or the early evening session. Both are listed as the same workshop, not as two different programs. The event page identifies Live Well Chiropractic as the host and marks the gathering as public. No speaker other than Dr. Arnold is named for the sessions.

The workshop sits alongside the practice's existing family and nutrition work rather than replacing it. Pediatric and family care remains part of the clinical schedule under Dr. Stephens. Nutritional counseling remains a separate service. The October 15 listing does not describe the workshop as a substitute for either.

Live Well Chiropractic combines chiropractic care with massage therapy and nutritional counseling. Founded by Dr. Kris Arnold in 2000, the practice will host the October 15 immune-habits workshop at noon and at 5:30 p.m. in New Paris.

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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

