

Live Well Chiropractic Celebrates 25th Anniversary with Bedford County Chamber of Commerce Event

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Live Well Chiropractic participated in a celebration hosted by the Bedford County Chamber of Commerce to mark its 25th anniversary. The gathering brought together community members, friends, family, and local businesses to recognize the practice's 25 years of service in the area.

Dr. Kris Arnold founded Live Well Chiropractic in 2000 after graduating from Parker College of Chiropractic. Born and raised in Bedford County on a family farm, he returned to the region to open the office. The practice started as a chiropractic office and has since grown to include a range of coordinated services.

The current team consists of several professionals. Dr. Jason Stephens serves as Pediatric and Family Health Director. He attended Northern Bedford High School and Lock Haven University before graduating from New York Chiropractic College in 2006. Dr. Randy Tabita is Wellness Director and graduated from Life University in 2007. Dr. Conner Buttry is Family and Sports Chiropractor and graduated from Northeast College of Health Sciences in 2024.

Suzanne Marisic and Kristy DeHaven serve as massage therapists. Marisic graduated from the Pittsburgh School of Massage Therapy with training in Swedish massage, neuromuscular therapy, myofascial release, salt stone massage, aromatherapy, hydrotherapy, reflexology, and sports massage. DeHaven graduated from the Massage Therapy program at Allegany College of Maryland and has more than 23 years of experience in Swedish, deep tissue, neuromuscular, hot stone, and bamboo therapies.

Ashley Conn serves as Functional Health Coach. Erin Dennis manages regenerative therapies as Wellness Center Manager. During its 25 years, the practice has served more than 1,000 patients.

Services offered include instrument-assisted chiropractic adjustments to address nervous system function and computer scans to identify stress areas. Nutrition therapy covers conditions such as digestive disorders,

thyroid imbalances, diabetes, and hormonal issues. Massage therapy includes Swedish massage, salt stone massage, and reflexology. Regenerative therapies such as S-Wave and PEMF treatments are also provided.

The practice offers care for pediatric patients and expectant mothers, addressing concerns such as colic, ear infections, neck pain, sciatica, headaches, and plantar fasciitis. Nutritional counseling uses whole-food supplements and detox protocols. Thermography scans provide non-invasive information on bodily processes.

The practice accepts major insurance providers, including UPMC, Blue Cross Blue Shield, United Healthcare, and Medicare. This acceptance helps support access for residents in the region.

"Participating in the Bedford County Chamber of Commerce celebration for our 25th anniversary allowed the team to recognize the community support received over the past 25 years," said Dr. Kris Arnold, Owner and Clinic Director of Live Well Chiropractic. "The event provided an opportunity to connect with those who have contributed to the practice's development."

The celebration included photographs documenting the gathering. Attendees shared moments with the team and reviewed the practice's progress from its early days.

"Events like the Chamber gathering highlight the relationships formed through years of local service," added Dr. Kris Arnold.

The practice has maintained operations in the same structure, combining chiropractic care with massage therapy, nutrition counseling, and other services in one location. This arrangement supports coordination when patients receive multiple forms of care. Team members apply their respective training to patient needs.

Dr. Arnold's early experiences on the family farm contributed to his interest in health care. His return to Bedford County after graduation led to the start of the practice. The present team continues with varied educational and professional backgrounds.

The Chamber of Commerce event served as a venue for supporters and local organizations to gather. It offered a setting to acknowledge the practice's history and ongoing role in the community. Additional photographs from the day were shared to record the milestone.

Live Well Chiropractic continues its regular operations with the established team and service offerings. The acceptance of insurance plans assists in scheduling for various individuals. The practice remains based in the Bedford County area.

The anniversary recognition from the Chamber of Commerce noted the practice's contributions as a long-time member. The event reflected the support from patients and local businesses accumulated over 25 years.

Live Well Chiropractic integrates chiropractic adjustments, massage therapy, nutrition counseling, and regenerative options. Founded by Dr. Kris Arnold in 2000, the practice operates with a coordinated team model to serve residents in the region.

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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.

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