



Lifestyle  
Chiropractic  
& Wellness

2091 W Florida Avenue, #120  
Hemet, CA 92545

**(951) 261-8566**



## LIFESTYLE CHIROPRACTIC AND WELLNESS

### ACUPUNCTURIST, CHIROPRACTOR

Personal Injury  Workers' Comp



### ABOUT US

Restoring and Maintaining Optimal Health Naturally...

We are a multidisciplinary center meeting all your health needs. At Lifestyle Chiropractic & Wellness, we believe that optimal health best comes from a healthy lifestyle which includes a balanced diet, exercise and proper care of your body. Our offices are conveniently located to provide chiropractic care, massage therapy, acupuncture and nutritional recommendations to help you maintain your health naturally and to restore you to health from symptoms related to personal injury or work-related injury.

**Chiropractic • Acupuncture • Massage Therapy • Nutritional Counseling**



### OUR PROVIDERS

- William J. Fernandez, DC, NPI: 1093896672, Active Licensed Chiropractor DC11902
- Michael L. Monahan, DC, NPI: 1063591048, Active Licensed Chiropractor DC18544
- Chae K. Dunavan, LAc, PhD OM, NPI: 1053440446, Active Licensed Acupuncturist AC10558, PhD Oriental Medicine (Hemet AND Temecula)
- Carolyn Pole, LAc, M TOM, NPI: 1831143379, Active Licensed Acupuncturist AC4587, Masters in Traditional Oriental Medicine
- Lindsay Rubio, Certified Massage Therapist since 2016.

