

Live Well *this Spring*

Smile: Everyone has a photographic memory. Some don't have film.

Pain: Headaches may be common, but they are not normal. Chiropractic can help those who suffer from regular headaches, or even migraines.

Research: Shows that you can reduce your risk of falls by improving balance. Activities such as Tai Chi and Yoga can help your balance, improve strength and flexibility. It also encourages mental focus, concentration and calmness.

Interesting: A sneeze can exceed the speed of 100 miles per hour.

New: Our office is now carrying Seroyal by Genestra nutritional products. Looking for multivitamins? Probiotics? Give us a call.

Growing: Our office has grown with the addition of Emily Berridge, Registered Massage Therapist. Emily provides relaxation, therapeutic, and Hot Stone Massage. Call today for your appointment! 905.681.3112



Thank you for reading this far down.
If you want the best out of life, take the best care of your body!
Call and book your appointment today!

Our Chiropractic Office Hours:

MONDAY 9am-1pm 3pm-6:30pm	TUESDAY CLOSED	WEDNESDAY 1pm-6:30pm	THURSDAY CLOSED	FRIDAY 9am-5pm	SATURDAY 9am-12 pm
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