



Live Well *this Summer*

Welcome Baby Stella!
Stella James Corbett graced this world
with her presence on May 23rd, 2009 at 8 lbs 2oz.

Stretch: Before you head out into the garden, go for that walk or make your way to the golf course, stretch before you start.

Up: Stand and sit up tall! Great posture helps you breathe better & move better by keeping stress off your joints and muscles.

Muscles: Back or muscle pain lasting longer than 48 hours is your body's way of saying it needs help. See your Chiropractor.

Massage: Sore from your weekend? Emily Berridge, Registered Massage Therapist is available for relaxation, therapeutic and Hot Stone Massage! Call for your appointment today!

Eat: Summer squash is a great addition to your diet. It's full of fibre, vitamin C and folate!

Riddle: What always ends everything?..... The letter "g".

Thank you for reading this far down.
Life should not hurt... See your chiropractor!
Call or email today for your appointment today

Chiropractic Summer Office Hours:

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