



Chiropractic Care & Longevity Center

Dr. Kathy Wickens B.Sc. (Hon.), D.C. & Associates



December 2017

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- NEW! Lindsey Cannon, RMT
- Returning Fitness Classes

5 Gore Street West
Perth, ON K7H 2L5
613-264-0616
www.chirolongevity.com

Give the Gift of Health to your friends & family at **NO** cost to you!

Our once a year gift certificate program is back!

Do you know anyone who you would like to benefit from chiropractic care and would like to come to our office?

Just in time for Christmas we are offering to give any of your friends or family a gift certificate for an initial appointment* **at no cost to you.**

This gift certificate has a value of \$85.00.

If you know anyone that you would like us to help, please give us their name and address and we will send them their gift certificate in the mail right before Christmas.

Last day to give names is Friday, December 15th
Recipient must be new to Chiropractic at our office.



Our mission at Chiropractic Care & Longevity Center is to be dedicated and successful chiropractors serving the community of Perth and district by offering the finest chiropractic health care services with professionalism, clinical expertise and compassion.

December 2017 & January 2018 Office Calendar

					1 Regular Office Hours	2 Regular Office Hours
3	4 Regular Office Hours	5 Regular Office Hours	6 Regular Office Hours	7 Regular Office Hours	8 Regular Office Hours	9 Regular Office Hours
10	11 Regular Office Hours	12 Regular Office Hours	13 Regular Office Hours	14 Regular Office Hours	15 Regular Office Hours	16 Regular Office Hours
17	18 Regular Office Hours	19 Regular Office Hours	20 Regular Office Hours	21 Regular Office Hours	22 Regular Office Hours	23 Regular Office Hours
24 Christmas Eve	25 Office Closed Merry Christmas	26 Office Closed Boxing Day	27 Regular Office Hours	28 Regular Office Hours	29 Regular Office Hours	30 Office Closed
31	1 Office Closed Happy New Year!	2 Regular Office Hours				

Remember to Use Your Extended Health Benefits

Time is running short for you to be able to take advantage of your extended health benefits. These extended health benefits are going to expire within a matter of weeks. You may not realize all the various ways in which you can take advantage of your extended health benefits before they lapse for the year.

Take a moment to examine the types of extended benefits you have available to you. Types of services included within extended health benefits may include:

- Chiropractic
- Massage Therapy
- Customized Orthotics (last date to order for 2017 is **Friday, December 15th**)
- Acupuncture



The key is taking advantage of your extended health benefits now – and before it is too late!

Holiday Gift Ideas from CCLC

We offer **gift certificates** for all services in our office. What about giving your loved one a gift certificate for a relaxing massage or for their next chiropractic appointment?

We offer a variety of comfortable pillows. A great night's sleep is a gift everyone will appreciate.

We offer a variety of vitamins, supplements and essential oils for the foundation of good health.

Ask us for gift suggestions to give the gift of health this holiday season!

The Chiropractic Care & Longevity Center

If you have any comments or suggestions about our Monthly Newsletter please email:

chirocare@primus.ca

Thank you for reading our office newsletter!

We're on the Web!
See us at:
www.chirolongevity.com

Also:



Join us in welcoming Lindsey Cannon, Registered Massage Therapist to CCLC



Having graduated from Algonquin College's three year massage therapy program in 2013, Lindsey is registered with the College of Massage Therapists of Ontario and is an active member of the Registered Massage Therapists Association of Ontario. She is competent in deep tissue massage, myofascial release, pre- and post-natal massage and sports injury massage. As a graduate Dental Assistant, Lindsey is using her dental knowledge to develop a TMJ massage focus. She is dedicated to a healthy lifestyle, which she promotes to her clients.

Lindsey is accepting clients starting in January!

Fitness Classes returning in January!

A new round of classes will begin Tuesday, January 9th

For a full list of class dates, see the front desk ☺



PEPPERMINT CHOCOLATES

SUBMITTED BY:
Mandi Felici, Virginia

INGREDIENTS

- 1½ cup organic coconut oil
- ¼ cup raw honey
- 3 drops Peppermint essential oil
- 1 cup dark or semi-sweet chocolate chips
- 1 candy cane, crushed

DIRECTIONS

1. Whip solid coconut oil, raw honey, and Peppermint essential oil together with hand mixer. The whipped filling should be white and fluffy when complete.
2. Refrigerate whipped filling for about five minutes.
3. Use a small scoop or measuring spoon to make small mounds of mint filling. Press down with spoon or finger to make a flat shape.
4. Place each piece on sheet of parchment paper on top of cookie sheet. Return mints to freezer until ready to coat with chocolate.
5. In small saucepan or double boiler, gently melt chocolate chips over low heat.
6. Take mints out of freezer. Use fork to dip each piece in melted chocolate. Place on top of cooling rack.
7. For holiday fun, sprinkle with crushed candy cane immediately after coating.
8. Put chocolates back in freezer to cool until hardened. Serve chocolates immediately or store in refrigerator until you are ready to eat them.

“We wish everyone a Healthy, Happy Holiday Season filled with laughter, love and good health! Merry Christmas and Happy New Year!”
Thank-you for your continued support & service.