



Chiropractic Care & Longevity Center

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



April 2017

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5 Gore Street West
Perth, ON K7H 2L5
613-264-0616

www.chirolongevity.com

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.

In honor of Earth Day, make your home a healthier one with two workshops!

During the month of April, enter our draw for your chance to win a Gift basket valued over \$100.00!

What toxins are hiding in your home?

Join us for this interactive "Make and Take" workshop

Take home 2 non-toxic cleaning products



Cleaning products safe enough to eat!

Limited seating
\$10

In support of Earth Day!
April 22nd

WHEN?

Thursday, April 20th
6:00-7:00 pm

WHERE?

Chiropractic Care and Longevity Center

SAVE YOUR SEAT!

chirocare@primus.ca
613-264-0616

Get Clean!

To celebrate Earth Day, join Dr. Kathy Wickens for a Health Chat about creating a healthier home.



Wednesday,
April 19th from
6:00-7:00 pm

Save your seat today!

chirocare@primus.ca or 613-264-0616

- Nontoxic
- Natural
- Super concentrated
- No phosphates
- Biodegradable surfactants



Chiropractic Care & Longevity Center
5 Gore St. W., Perth, ON

Home should be the safest place on earth. Clean it up with products that are safe, powerful and green!



SAFE CLEAN POWERFUL CLEAN GREEN CLEAN SMART CLEAN

This is why Shaklee's Vitamin C is so beneficial!

Here are some of the benefits bioflavonoids have for you:

- Bioflavs help build a protective antibiotic barrier against infections and boost immune response
- Bioflavs have potent anti-inflammatory action without the side effects of aspirin
- Bioflavs help prevent allergies and asthma
- Bioflavs reduce excessive internal bleeding, and promote healing of cuts and bruises
- Bioflavs help detoxify carcinogenic chemicals, radiation and heavy metals
- Bioflavs assist in preventing cardiovascular disease
- Bioflavs act much like estrogen to curtail menopausal symptoms
- Bioflavs help prevent cataracts and macular degeneration

www.explore.avenaoriginals.com

Not all vitamin-C supplements have bioflavonoids!



180 tablets
\$38.31
tax included



Try this uplifting Essential Oil Diffuser Blend!

JELLY BEANS

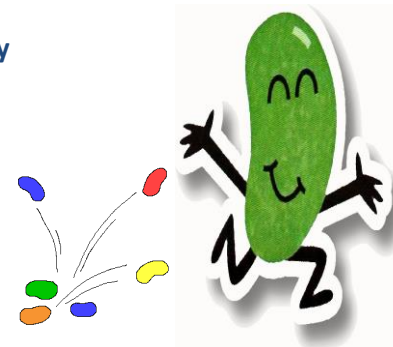
2 drops juniper berry

2 drops wild orange

1 drop lemongrass

3 drops citrus bliss

Essential Oils & diffusers available for purchase at CCLC!



How does the Easter Bunny stay fit?

- HARE-robics!

Why did the Easter egg hide?

- He was a little chicken!

Why shouldn't you tell an Easter egg a joke?

- It might crack up?

How does the Easter Bunny keep his fur neat?

- With a Hare brush!

www.activityvillage.co.uk/easter-jokes



Preventing Lyme Disease

The best way to prevent infection is to avoid tick-infested areas whenever possible, particularly in spring and early summer when nymph ticks feed. Adult ticks are a bigger threat in fall. Ticks favor moist, shaded environments; especially leafy wooded areas and overgrown grassy habitats.

Top 5 tick habitat precautions:

1. Wear long pants and long-sleeved shirts. Tuck your pants into your socks to prevent ticks from getting inside your pants.
2. Check your clothes for ticks often. Ticks will climb upwards until they find an area of exposed skin.
3. Wear light coloured clothing to make it easier to spot ticks.
4. Walk on pathways or trails when possible staying in the middle. Avoid low-lying brush or long grass.
5. Apply insect repellent or Lemongrass Essential Oil to your skin and clothing, especially at the openings such as ankle, wrist and neck.

www.canlyme.com

Available for purchase at CCLC!

doTERRA Lemongrass Essential Oil
Retail \$19.21 tax included



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:



The office will be closed on Friday, April 14th, Saturday, April 15th and Monday, April 17th for Easter weekend!



Mark your calendars!

The Festival of the Maples will take place Saturday, April 29th from 9:00 am-4:00 pm.

Visit downtown Perth for everything Maple!

