



Chiropractic Care & Longevity Center

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



January 2017

Inside:

- Men's 6-week Program
- Personal Training with Sarah Salisbury
- Clear Change™ Kit



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.

2017 is YOUR year!

- Do you want to feel like yourself again?
- Increase energy, strength & stamina?
- Shed unwanted pounds?
- Buff up?
- Increase testosterone levels (better sex!)?

\$129.00 per person, per week, prepaid for 6 weeks



Start this individual 6-week program with Vickie Dickson, RHN.

Includes:

- 2 balanced snacks per day
- Daily supplements
- A 30-minute in-office weekly meeting with the Nutritionist
- Unlimited email support

BONUS! You may find that you're actually eating MORE on this program - we won't be starving you with salads all day!

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Meet your Personal Trainer at the Chiropractic Care & Longevity Center

Sarah Salisbury, Certified Personal Trainer

What to Expect From Your Personal Trainer

Personal Trainers design one-on-one training programs and help motivate clients to exercise. They monitor fitness programs that are used by people who want to get into shape or stay in shape. Trainers can also be used for weight loss, rehabilitation post injury and for injury prevention. Personal trainers can assess a client's fitness level and goals, and make recommendations on ways to improve their fitness level through individualized exercises. People of all ages can benefit from personal training. Personal trainers ensure that clients are using proper form to prevent injury when exercising and often encourage them to perform a workout that would exceed what they would do alone.



Fitness Session with Sarah

1 Person \$25.00+3.25 HST – 30 mins.

1 Person \$40.00+\$5.20 HST – 60 mins.

2 People, Same Time \$60.00+\$7.80 HST – 60 mins.

Couples welcome!

In-Office Fitness Classes

I Hate Exercises Class – Tuesdays & Thursdays

5:30-6:30 pm

Strength & Balance Class – Thursdays

2:00-3:00 pm

**A list of full dates for classes is available at the front desk!
Sign-up today!**

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:



Experience a Clear Change™

Get re-energized in 10 days

An easy-to-follow, safe, and effective program without the hassles.

How do you really feel? You may benefit
from a Clear Change!

- Do you often feel tired or have a lack of energy?
- Do you have difficulty concentrating?
- Do you have trouble sleeping?
- Do you wake up feeling unrefreshed?
- Do you feel bloated or gain weight easily?
- Do you have digestive or intestinal discomfort?

If you answered "yes" to any of the
questions above, then ask the front desk
staff about the potential benefits of a Clear
Change program.



Price: \$176.45
Tax included