

**Celebrating 25 years**



# Chiropractic Care & Longevity Center

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

Phone: (613) 264-0616 • [www.chirolongevity.com](http://www.chirolongevity.com)

May 2016

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- Vibrant Organic Balancing Salad
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- Happy Mother's Day

5 Gore Street West  
Perth, ON K7H 2L5  
613-264-0616  
[www.chirolongevity.com](http://www.chirolongevity.com)

**Saturday, October 1<sup>st</sup>, 2016, at Algonquin College,  
Perth Campus parking lot**  
Registration 9:30 a.m – 10:30 a.m  
Walk/Run 10:30 a.m start

## Chiropractic Care & Longevity Center's "Give Back" 5k Walk/Run

Dr. Kathy Wickens has been serving the community for 25 years and in celebration, we would like to give back to the community by hosting a Walk/Run. All proceeds to Alzheimer's Society Lanark Leeds and Grenville and Habitat for Humanity® Greater Ottawa Perth Chapter.

**Everyone is welcome!!**

If you would like to donate, sponsor, volunteer or walk/run in this event, please contact the office at 613-264-0616 or by email at [chirocare@primus.ca](mailto:chirocare@primus.ca)



Full event details on our website!



Chiropractic Care & Longevity Center • 5 Gore Street West, Perth, ON • 613-264-0616 • [www.chirolongevity.com](http://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.

## Two Exciting Contests!! May 2<sup>nd</sup> – 31<sup>st</sup>

### Contest 1

Chance to win 2 Blue Rodeo tickets!

1. Like our page on Facebook.
2. Find our contest on our wall.
3. Share our Walk/Run event.
4. Comment "Liked & Shared" under post.

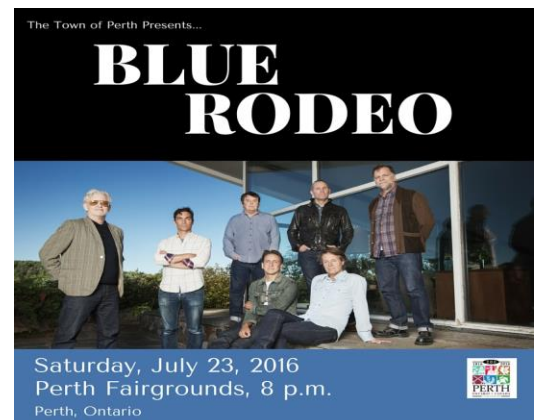
To assure you are notified as the winner, send us a facebook message or email with your email address.



### Contest 2

Chance to win 2 Blue Rodeo tickets!

Register for our Walk/Run event and receive a ballot to enter to win the tickets.



## What We Were Taught

- My mother taught me TO APPRECIATE A JOB WELL DONE.  
"If you're going to kill each other, do it outside. I just finished cleaning."
- My mother taught me RELIGION.  
"You better pray that will come out of the carpet."
- My mother taught me FORESIGHT.  
"Make sure you wear clean underwear, in case you're in an accident."
- My mother taught me about the science of OSMOSIS.  
"Shut your mouth and eat your supper."
- My mother taught me about STAMINA..  
"You'll sit there until all that spinach is gone."

### Vibrant Organic Balancing Salad



Miranda Malisani – Live Light Nutrition

#### Ingredients:

- 1 beet
- 4 carrots
- 1 green apple
- Handful fresh parsley
- 2 tbsp apple cider vinegar
- 1 tbsp extra virgin olive oil
- Pinch of sea salt if desired



#### Directions:

1. Wash all ingredients
2. Peel the beet
3. Shred beet, apple and carrots with a grater or chop in a food processor
4. Chop parsley
5. Mix all ingredients with cider vinegar and olive oil

### The Chiropractic Care & Longevity Center

If you have any comments or suggestions about our Monthly Newsletter please email: [chirocare@primus.ca](mailto:chirocare@primus.ca)  
Thank you for reading our office newsletter!

We're on the Web!  
See us at:

[www.chirolongevity.com](http://www.chirolongevity.com)

Also:



## WACKY HORMONES?

Join us to learn how Essential Oils can be used to ease the discomforts of womanhood from the onset of puberty through menopause and beyond

Brought to you by Perth Chiropractic Care and Longevity Center  
5 Gore St W  
Perth ON

Guest Speaker  
Vickie Dickson RHN  
doTERRA Wellness Educator

Wednesday May 18th  
6pm

Seating is limited - reserve your space  
NOW  
613-264-0616  
[chirocare@primus.ca](mailto:chirocare@primus.ca)



## Mother's Day is Sunday, May 8<sup>th</sup>, 2016

What better way to say "Happy Mother's Day" to a special lady, or treat yourself than with a Gift Certificate to one of the many services offered here at CCLC.

- ♥ Chiropractic
- ♥ Massage Therapy
- ♥ Acupuncture
- ♥ Hydro Massage Bed
- ♥ Fitness Session
- ♥ Essential Oils
- ♥ Supplements
- ♥ Pillow