

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)

September 2016

## Inside:

- Welcome Vickie Dickson, RHN
- CCLC Walk/Run Event
- Essential Oil Consultations
- Natural Health Products
- Swirlicious Shopping Fundraiser, here in the office
- Fall Fitness Classes Returning

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Perth, ON K7H 2L5  
613-264-0616  
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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.

Dr. Kathy Wickens and her wellness team would like to welcome **Vickie Dickson**, Registered Holistic Nutritionist



To learn more about Vickie, visit her [website at www.vickiedickson.com](http://www.vickiedickson.com)  
Daytime and evening appointments available!

## Vickie Dickson, RHN

Nutrition you can Live With.  
Essential Oils you can't Live Without.

**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!



LANARK LEEDS GRENVILLE



To Our Patients:

You may have read the recent article in Consumer Reports, or heard the follow up from mainstream media outlets that raise strong concerns about 15 specific ingredients found in some natural health products. The media attention is highlighting the inherent risks associated with the usage of natural health products without the supervision of a licensed healthcare practitioner. Natural health products are powerful tools that can have meaningful effects on the body, and many are tailored to support specific conditions and address individual challenges. When we make a recommendation for a natural health product, we are carefully considering the research on the quality of the manufacturer, dosage, potential to react with other medications, and duration of use. All of these factors play a role in the safe use of natural health products and are part of our clinical management of your health. We also carefully evaluate the safety and efficacy profile of the natural health product we recommend. The Metagenics natural health products sold in our practice are professional grade—and they are designed for incorporation into a personalized nutrition protocol to achieve your health and wellness goals. As a partner in your health, it is our goal to guide you to products that are reputable, well-researched, and safe.

Sincerely,

Your Professional Health Care Team

## Curious about Essential Oils??

- Feeling overwhelmed?
- Get advice and discuss personal concerns
- Get specific E.O protocols
- Find out which oils are right for you!
- Free samples!

Schedule a 15 minute consultation with Vickie Dickson, Registered Holistic Nutritionist

dōTERRA™

## Swirlicious Pop-Up Fundraiser

Join us for a day of Retail Therapy! Teri White, owner of Swirlicious is bringing her amazing clothing, jewelry, scarves, purses, etc. here to our office! This is a fundraiser for our 25th Anniversary celebrations. A portion of sales will go to our chosen, local charities, Habitat for Humanity Greater Ottawa Perth Chapter & Alzheimer Society Lanark Leeds Grenville.



Friday, September 30<sup>th</sup>, 2016  
9:00 am – 5:00 pm



## 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:



## Make Back to School a Success!



In this FREE workshop you'll learn how to:

- establish proper sleep routines
  - reduce hyperactivity and tantrums
  - improve focus
  - reduce allergies and breathing difficulties and have happy mornings
- using Proper Nutrition and Essential Oils



Presented by:  
Vickie Dickson, RHN

Thursday, September 29<sup>th</sup>  
6:00pm  
Chiropractic Care and Longevity  
Center  
5 Gore St W - Perth  
613-264-0616  
[chirocare@primus.ca](mailto:chirocare@primus.ca)



## Fitness Classes Returning this Fall!

Join Sarah Salisbury, CFT for our popular fitness classes returning Tuesday, October 11<sup>th</sup>, 2016.

### Tuesdays

- I Hate Exercise Class 5:30-6:30 pm

### Thursdays

- Strength & Balance Class 2:00-3:00 pm
- I Hate Exercise Class (Regular) 4:30-5:30 pm
- I Hate Exercise Class (Advanced) 5:30-6:30 pm

### First Class is FREE!

\$110.00 + HST for the remaining 11 classes!

For a full list of class dates and to sign-up for these classes, please see the front desk staff or call the office at 613-264-0616 or email at

[chirocare@primus.ca](mailto:chirocare@primus.ca)