



Chiropractic Care & Longevity Center

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



September 2017

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

www.chirolongevity.com



Sharlee Moran has joined our team as the Certified Fitness Trainer. She became certified through the International Sports Sciences Association (ISSA) in 2014, holding certificates as a Certified Fitness Trainer and Specialist in Fitness Nutrition. She has since obtained a Functional Training Certification and gained experience working with a wide range of clientele catering to their individual needs whether it be focused on fat burning, strength and conditioning, mobility, or injury prevention/recovery.

Sharlee enjoys doing her own workouts in a gym atmosphere focusing on full body movement and mobility, as well as using nature as her playground to make creative workouts outdoors. On top of her workout regimen she likes to keep active by regularly hiking and jogging.

Note: Sarah Salisbury is still working at CCLC, but will no longer be doing fitness in our gym.

NEW: Shaklee® Performance™ Sports Nutrition to Fuel Your Workout!



Designed for the fitness-focused, lifestyle athlete

- + Enhances performance with less sugar and fewer calories
- + Helps you burn more fat and build strong muscles during your regular exercise routine
- + Helps you recover faster to stay on track

Pack includes:

- Zero-Calorie Energy Drink
- Low-Calorie Electrolyte Drink
- Advances Physique Whey Shake, Grass-Fed Source
- P.M. Recovery Complex

Ask for a brochure!

\$152.45 + tax

Products also sold separately

Fitness Classes Returning this Fall!

Join Sharlee Moran, CFT for our popular fitness classes returning Tuesday, October 3rd, 2017.

Tuesdays

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

Thursdays

Strength & Balance Class
2:00-3:00 pm

I Hate Exercise Class 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

Upcoming Events in Perth:

CCLC BBQ in support of the Canadian Red Cross
Friday, September 8th
12:00-2:00 pm
Swirlicious and The Wood Wizard will be joining us!
Eat, Shop, Donate!

Parkinson's SuperWalk
Lanark North Leeds
September 9th – 10:00 am
This is the largest fundraising/awareness event for Parkinson's Canada to improve services, support research and increase advocacy.
Conlon Farm Recreation Complex

Perth Terry Fox Run
September 17th
8:45 am – 10:15 am
This event will include a 5km, family route or 10km walk, run or bike as well as BBQ, children activities, door prizes, silent auction.

The office will be closed
Saturday, October 7th
& Monday, October 9th
for the Thanksgiving weekend.



2 New Yoga Classes

Coming for September!

6-week program - \$90.00 each

Seniors Yoga

Thursdays at 10:00 am starting September 14th

- also suitable for those with limited mobility
- considerations taken for cardiovascular disease, COPD, arthritis, osteoporosis and joint replacement
- it's not necessary to get down on the floor - chairs provided
- focuses on functional movement and stress reduction

Gentle Yoga

Mondays at 2:30 pm starting September 18th
Skipping Thanksgiving Monday

- suitable for all ages & abilities
- option to use a chair
- no breath holding or long holds in poses
- no straining
- an excellent way to ease into yoga or to help your system to unwind



Vickie Dickson, RHN
CYT - 200
Integrative Yoga for Seniors Instructor



To register in advance, please contact:
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ALL CLASSES FOCUS ON SIMPLE TO UNDERSTAND INSTRUCTIONS AND ALLOW YOU TO PROGRESS AT YOUR OWN PACE



Caitlin Kimball has joined our team as the Clinical Assistant. Caitlin graduated from St. Lawrence College in 2013 with a certificate in the Pre-Service Firefighting & Education Program and also with a certificate in General Arts and Science. She also took a semester of Massage Therapy in the fall of 2016. Caitlin currently resides west of Ottawa, but has lived in Perth for most of her life. In her down time, Caitlin enjoys going to the gym to de-stress and loves to read any chance she gets. During the winter months, she likes to ski & skate, while during the summer months, she likes kayaking and loves being outdoors in the sun shine.

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:



Back to School Jokes

Why did the student throw his watch out of the school window?

He wanted to see time fly.

What's a teacher's favorite nation?

Expla-nation.

Why didn't the skeleton go to the school dance?

He didn't have anybody to take (any BODY).

Why didn't the quarter roll down the hill with the nickel?

Because it had more cents.

What happened to the plant in math class?

It grew square roots.

Why is a math book always unhappy?

Because it always has lots of problems.

Jokes4us.com

Chair Yoga and Essential Oils

Join me for this accessible yoga class using essential oils to deepen the practice.

We'll start with a 15-minute introduction to essential oils, go through a 45-minute yoga class, then finish with a 15-minute Q&A session.

Thursday, October 19th 6:00-7:15 pm

\$15 per person



To register in advance, please contact:

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613-264-0616

Vickie Dickson, RHN
CYT - 200

