



Chiropractic Care & Longevity Center

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



December 2018

Inside:

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- Weight Loss Talk
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5 Gore Street West
 Perth, ON K7H 2L5
 613-264-0616
 613-200-1479 texting only
www.chirolongevity.com

It's that time of year!

Our once a year gift certificate program is back!

Do you know anyone who would benefit from chiropractic care and would like to come to our office?

Ask the front desk staff how you can give the gift of health to your family and friends at **NO** cost to you!

November 1st – December 15th, 2018

Our mission at Chiropractic Care & Longevity Center is to be dedicated and successful health professionals serving the community of Perth and district by offering the finest health care services with professionalism, clinical expertise and compassion.

December 2018 & January 2019 Calendar of Events

						1 Regular Office Hours
2	3 Regular Office Hours	4 Regular Office Hours	5 Regular Office Hours	6 Regular Office Hours	7 Regular Office Hours	8 Regular Office Hours
9	10 Regular Office Hours	11 Regular Office Hours	12 Regular Office Hours	13 Regular Office Hours	14 Regular Office Hours	15 Regular Office Hours
16	17 Regular Office Hours	18 Regular Office Hours	19 Regular Office Hours Office Closed 12:30-2:00 pm	20 Regular Office Hours	21 Regular Office Hours	22 Regular Office Hours
23	24 Office Open 8:00-1:00 pm	25 Office Closed	26 Office Closed	27 Regular Office Hours	28 Regular Office Hours	29 Regular Office Hours
30	31 Office Open 8:00-1:00 pm	1 Office Closed	2 Regular Office Hours	Merry Christmas and Happy New Year from all the staff at the Chiropractic Care & Longevity Center!		

Fitness Classes Returning in January 2019

I Hate Exercise Class 2.0 (experienced)

12-week program

Classes run Tuesday's & Thursdays 5:15-6:15 pm

\$110.00 + HST

I Hate Exercise Class (beginner)

12-week program

Classes run Tuesday's 6:15-7:15 pm

\$110.00 + HST

Core Strengthening Class

8-week program

Classes run Thursday's 6:15-7:15 pm

\$90.00 + HST



Classes fill up quickly, so register today!

It's Contest Time at CCLC!

How the contest works:

- Agree to a short video testimonial or submit a written version about how our services or supplements have changed your life.
- Your name will be entered into a draw to win a FREE chiropractic adjustment and a FREE box of Organo Gold beverage of choice.

“Here's what our customers are saying about us...”

Written submissions can be emailed to emilyhcclc@gmail.com or see Emily at the office to record a video.



Chiropractic Care & Longevity Center

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

Contest will run October 1st - December 20th, 2018

Winner will be announced on Thursday, December 20th on our FB page.

Are You Taking Full Advantage of Your Extended Health Care Insurance Benefits?

The year end is approaching and most health care benefits re-start at the beginning of the year.

Have you looked into how much coverage you have and what you are entitled to?



We offer direct billing to most major insurance companies!

Ask today if your company is covered!

The Chiropractic Care & Longevity Center

If you have any comments or suggestions about our Monthly Newsletter please email: manager.cclc@primus.ca

Thank you for reading our office newsletter!

We're on the Web!

See us at:

www.chirolongevity.com

Also:



Chiropractic Information Sessions coming in 2019!

Please join our doctors as they talk about chiropractic and health concerns. For all new patients to our office; this session will allow you to learn what Chiropractic is and how it will help you in your life. If you attend this session within the first month of care, you will receive an adjustment at no charge. Call or email and register for our next session today!

Ask us for upcoming dates!

ORGANO™ Spiced Coffee



- 1/4 tsp freshly ground cinnamon
- 1/4 tsp freshly ground black peppercorns
- 1/4 tsp freshly ground ginger
- 1/4 tsp freshly grated nutmeg
- 1/8 tsp freshly ground green cardamom seeds
- 1/8 tsp freshly ground clove
- 1 cup water
- 1 ORGANO™ Gourmet Café Supreme sachet

www.organogold.com

Please note:

Wednesday, December 19th is the cut-off date to order your custom orthotics for insurance coverage in 2018!



Do you have some weight to lose?

Join Dr. Kathy Wickens and learn about a new clinically proven weight loss program that is now available in our office!



Where:

**The Chiropractic Care & Longevity Center
5 Gore Street West**

When:

Wednesday, January 9th at 6:00 pm

Want to know more?

**RSVP Now!
613-264-0616**

Stay healthy by using doTERRA® OnGuard essential oil drops in water, on your skin or in a diffuser. **15 ml – \$54.33 + tax**

