



# Chiropractic Care & Longevity Center

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



March 2019

### Inside:

Bring Out Your Sparkle Ladies Night

Organo March Special

Enhance Your Adjustments

March Laser Promotion

Organo Hot Cocoa Rice Squares

Irish Jokes

How to Raise Helathy Kids Talk

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

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

Our mission at the 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.



We are proud to partner with the Great War Memorial Hospital Foundation to bring you this amazing event.

This event is great for ladies to get out and enjoy a night of laughter and dancing for a great cause.

**Saturday, March 30<sup>th</sup>, 2019**

**Buffet Dinner 6:00-8:00 pm**

**Dance 7:00-11:00 pm**

**\$30 per ticket or 2 or \$50**

Tickets can be purchased at the Chiropractic Care & Longevity Center  
5 Gore Street West, Perth, ON

**Wear your SPARKLY outfit or accessory!**

**Organo™ Black Coffee – Take the 30 day challenge!**

- Greater Productivity
- Better Health
- Sustained Energy
- Stronger Immune System



**March Special – receive \$5 off per box of Black Coffee or Hot Chocolate.**

# March Madness Laser Promotion

## 9 Reasons why Erchonia Cold Laser PL-Touch will enhance Chiropractic experience.

Dr. Burt

1. Pain Relief – documented that pain is decreased up to 59%.
2. Increases Range of Motion – extremely important to prevent progressive, degenerative joint and disc disease.
3. Strengthens immune system by increasing lymphocyte activity.
4. Speeds up healing and recovery time by 30-50%.
5. Regenerates damaged nerve tissue.
6. Releases Myofascial restrictions.
7. Restores muscle strength.
8. Increases ATP production.
9. Decreases edema & inflammation.

The use of the Erchonia laser is the perfect complement to chiropractic spinal adjustments for enabling the body to restore its natural state of balance and health.

**For the month of March, purchase a laser package of 10 sessions for \$200.00 (Saving \$200.00!)**

Join Dr. Kathy Wickens on  
Wednesday, March 27<sup>th</sup> at 6:30 pm  
for an informative talk about  
**How to Raise Healthy Kids.**



Learn how chiropractic care and good quality supplements may help pave the way for a healthy child.

Register today with the front desk staff.

## ORGANO™ Cocoa Rice Squares

Yields: 4 servings Calories per serving: 60

### Ingredients:

- 2 Tbsp butter
- 1 sachet ORGANO™ Hot Cocoa
- ⅔ cup marshmallows
- 3 cups crisped rice cereal

### Directions:

1. Melt the butter in a saucepan over low heat.
2. Add marshmallows and stir until completely melted. Remove from heat and stir in the Hot Cocoa.
3. Add Rice Krispies and stir until well coated.
4. Press the mixture into a 13x9x2 inch pan coated with cooking spray
5. Let the mix cool for at least an hour and cut into 2-inch squares.



Organo™ Facebook Page

## “Enhance Your Adjustments”

Please join our doctors as they talk about chiropractic and health concerns. For all new patients and current patients in 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, you will

**receive an adjustment at no charge.**

### March Dates:

- Thursday, March 7<sup>th</sup> – 2:30 pm with Dr. Kathy Wickens
- Wednesday, March 13<sup>th</sup> – 6:30 pm with Dr. Kathy Wickens
- Tuesday, March 19<sup>th</sup> – 11:00 am with Dr. Elizabeth Carter
- Wednesday, March 27<sup>th</sup> – 12:00 pm with Dr. Elizabeth Carter

Call or email and register for our next session today!

613-264-0616 or [chirocare@primus.ca](mailto:chirocare@primus.ca)

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:



A Little Irish Humor 😊

**Q. What's Irish and stays out all night?**

**A. Patty O'furniture!**

**Q. When is an Irish Potato not an Irish Potato?**

**A. When it's a French fry!**

**Q. How can you tell an Irishman is having a good time?**

**A. He's DUBLIN over with laughter!**

**Q. What does a leprechaun call a happy man wearing green?**

**A. A lot of small talk.**

**Q. Why do people wear shamrocks on St. Patrick's Day?**

**A. Because regular rocks are too heavy!**

## PLEASE NOTE:

**As of January 1<sup>st</sup>, 2019 if you cancel same day or miss your appointment, there will be a full charge applied to your account.**