



Chiropractic Care & Longevity Center

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May 2019

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Welcome to CCLC Susan Moizer, Certified Professional Trainer



Susan Moizer is the most recent addition to the team at CCLC. She is a long time resident of Merrickville, Ontario.

Susan graduated from Guelph University, Kemptville Campus, in 2003 from the Nutrition Management program. She owned the popular eatery "The Yellow Canoe Café" in Merrickville until 2014, when she sold it to her daughter-in-law.

As well as certifying as an Aerobics instructor in 1992, she also certified as a Personal Trainer in 2012. As a life-long runner, she has a keen interest in fitness and helping others reach their potential.

Susan has a passion for running, particularly trail running. Most days she can be found out running with her border collie, Chloe. She is looking forward to sharing her passion for fitness with everyone.

THANK-YOU!! Our Ladies Sparkle Night was a huge success. We raised \$7800.00 for the Great War Memorial Foundation. Thank-you to everyone for your continued community support.

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.



Foot Health Awareness Month



The Orthotic Group Customized Orthotics

A custom orthotic is a device designed to align the foot and ankle into the most anatomically efficient position. They look like insoles, but are biomechanical medical appliances that are custom made to correct your specific foot imbalance. Custom orthotics work on your feet much like glasses work on your eyes – they reduce stress and strain on your body by bringing your feet back into proper alignment. The plastic body of the custom orthotic helps to re-align the foot by redirecting and reducing certain motions that take place during the gait cycle. Custom orthotics fit into your shoes as comfortably as an insole – and they have the advantage of having been made from precise imprints of your feet.

\$450.00 per pair and there's no tax because they are a medical device.
Most insurance companies cover customized orthotics.



The office will be closed Saturday, May 18th and Monday, May 20th for the Victoria Day long weekend. Enjoy spending time outdoors with family and friends!

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:



Spring Jokes

Can February March?
No, but April May!

Why is everyone so tired on April 1st?
Because they've just finished a long, 31 day March!

Why is the letter A like a flower?
A bee (B) comes after it!

What did the tree say to spring?
What a re-leaf

Jokes4us.com

Bio Sandals on Sale



Regular \$100.00 + tax
Now \$80.00 + tax
Limited sizes and colours
While quantities last

Friendly note to remind all patients that we have a 24hr cancellation policy. It is **your responsibility** to remember your scheduled appointments. The reminder calls, texts and emails are done by our front desk staff strictly as a courtesy. You are expected to do whatever is necessary to make your appointment on time.

Getting Your Spring-Cleaned Body Working At Its Best

Many people don't yet realize how important it is to get your brain and body working together at peak efficiency. Spring cleaning for your body depends on a body that is working right, and nothing gets your body working better than choosing the right lifestyle habits to live by.

Here are five keys to peak performance:

1. **Get enough sleep.** Your brain cleans and services itself while you sleep, and that's why normal adults need seven or eight hours of sleep every night, kids even more. Getting enough rest sets the stage for a clean, well-functioning brain.
2. **Drink enough water.** Obviously, you clean your house with water – well, it cleans your mind and body too! Drink six or eight glasses of water each day to keep yourself hydrated.
3. **Eat a fresh, wholesome, healthy diet.** Purify your pantry – get rid of the old, unhealthy and unnecessary foods you've been hoarding. Keep your sugar intake low – “junk food” is the equivalent of garbage in your system, so it's okay to indulge a little, but only a little, if you're serious about having a clean, healthy body.
4. **Choose to exercise regularly.** Moving your body pushes toxins out through your skin, and gets your metabolism cranking, which makes you less toxic and healthier overall.
5. **Visit your chiropractor regularly.** You may not yet realize that keeping your spine and nervous system healthy is the best thing you can do to keep your toxicity low and your function high. Proper communication between your brain and body is essential for the best health, so most people could use more chiropractic care in their lives. Let your Doctor of Chiropractic advise you on how much care you and your family need to experience the miraculous healing and wellness benefits for which chiropractic is famous.

Chiropractic Miracles