



# Chiropractic Care & Longevity Center

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



## December 2019

### Inside:

- Annual Gift Certificate Program
- Office Christmas Hours
- Are You Getting Enough Vitamin-D?
- January Fitness Classes
- Organo™ Spiced Coffee Recipe
- Sweat with Susan – The Importance of Water in Winter
- Christmas One Liners

5 Gore Street West  
Perth, ON K7H 2L5  
613-264-0616  
613-200-1479 texting only  
[www.chirolongevity.com](http://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 1<sup>st</sup> – December 15<sup>th</sup>, 2019**

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.

### Please Note:

#### Office Christmas Hours:

**Tuesday, December 24<sup>th</sup>**

*Open 8:00 am-1:00 pm*

**Wednesday, December 25<sup>th</sup>**

*Closed*

**Thursday, December 26<sup>th</sup>**

*Closed*

**Friday, December 27<sup>th</sup>,**

**Saturday, December 28<sup>th</sup> &**

**Monday, December 30<sup>th</sup>**

*Regular Hours*

**Tuesday, December 31<sup>st</sup>**

*Open 8:00 am-1:00 pm*

**Wednesday, January 1<sup>st</sup>**

*Closed*

**Thursday, January 2<sup>nd</sup>**

*Resume Regular Hours*

### **Are You Getting Enough Vitamin-D?**

Did you know that the sunshine vitamin is also the moonlight vitamin?

Vitamin-D has a powerful effect on many of your bodily functions: hormones, immune system, and nervous system, all of which are key to helping you fall asleep and stay asleep. It can be difficult to keep your Vitamin-D level optimal, especially during the winter months when exposure to sunshine is at a yearly low. Supplementing is one of the best ways to keep your D levels up!

It is important to remember that Vitamin-D is a fat soluble, so should be taken with food.



Seroyal D-Mulsion 1000 IU drops  
Available in Citrus or Mint flavours  
\$20.52 + HST

Shaklee D-3 1000 IU tablets  
90 tablets \$10.25 + HST



## Fitness Classes Returning in January 2020



### Sweat with Sue

12-week program

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

\$110.00 + HST

### Core Strengthening Class

12-week program

Classes run Wednesday's 5:30-6:30 pm

\$110.00 + HST

**Classes fill up quickly, so register today!**

**Do you struggle with Weight Loss?  
Is losing weight one of your New Year's Resolutions?**

**Do you need nutritional advice?**



If you answered yes to any of the above questions, we have the weight loss program for you!

The 8-Weeks to Weight Loss Program will combine nutrition and fitness.

The program will run Tuesdays & Thursdays from 6:30-7:30 pm starting Tuesday, January 14<sup>th</sup>.

Need more info? Call to attend our talk on January 7<sup>th</sup> at 6:30 pm with Dr. Carter.

## The Chiropractic Care & Longevity Center

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



## 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?

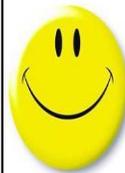


**We offer direct billing to most major insurance companies!**

Ask today if your company is covered!

Stay tuned to our social media pages for our upcoming gratitude week.....

Attitude ↓



Gratitude

## Sweat with Susan

The Importance of Water in Winter

With the cooler weather upon us for the next few months, it is easy to forget about drinking water; although we're not sweating in the sun and heat, our bodies still need to be properly hydrated. Here are just a few examples of the importance of water for optimal bodily functioning:

- Water helps create saliva which is essential for breaking down solid food and keeping the mouth healthy.
- Water regulates our body temperature.
- Water protects tissues, spinal cord, and joints, as well as lubricates and cushions the joints.

- Water helps excrete waste through perspiration, urination, and defecation.

- Water aids in digestion.
- Water improves blood oxygen circulation.
- Water aids in cognitive function.
- Water improves mood; when dehydrated, fatigue and confusion can set in.

Any one of these alone is a good reason to drink your water. So in the spirit of the season...Cheers!



**What do you call a kid who doesn't believe in Santa?**

**A rebel without a Claus.**

**What do you call an elf who sings?**

**A wrapper!**

**Why does Santa Claus go down the chimney on Christmas Eve?**

**Because it soot's him.**

**Why are Christmas trees so fond of the past?**

**Because the present's beneath them.**

Jokes4us.com

### Please note:

Friday, December 13<sup>th</sup>, 2019 is the cut-off date to order orthotics for 2019 coverage.

### 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](http://www.organogold.com)