

July 4, 2006

Volume 2, Issue 24

# Achieving Wellness

**Victoria Family Chiropractic**

Dr. Cale Copeland

**592-5553**

## Chiropractic with Compassion

On Saturday July 15<sup>th</sup>, 2006 we will be hosting our inaugural Open House to raise funds for the **Children's Wish Foundation**. The event will take place in the parking lot from 10 am to 2 pm. For a minimum cash donation of \$15 made at the event, existing patients will receive an adjustment and new patients an initial evaluation and report of findings. Note: Adjustments and new patient exams will be during regular business hours.

Come down and enjoy complimentary coffee from the **Black Stilt Coffee House**, water from the **Alternate Water Store** and healthy snacks from **Thrifty Foods Hillside**. This is a wonderful opportunity to not only support a worthy cause

but at the same time optimize your most valuable resource, your nervous system! Use this special charity event to encourage loved ones and friends to get their spines examined and to support children in need.

Raffle tickets are being sold over the next two weeks (1 for \$2, 3 for \$5 or 7 for \$10). Prizes and certificates from, **The Orthotic Group, Lifestyles Market, Planet Organic, White Spot, Jazzercise, Empire Theaters, Soccerworld, Embellish Studios and Quail Crafts**. Note: 100% of proceeds from chiropractic care and raffle are being donated to the Children's Wish Foundation.

## Holiday Health

It is that time of year, time to celebrate life and travel somewhere to appreciate this amazing planet we inhabit. The following tips are to help you maximize your enjoyment by maintaining your health.

1. Stay mobile. Whether traveling by plane or car take frequent stretch breaks. This lessens physical stress on the body.
2. If lounging around the hotel reading, drinking, or watching a movie, be aware of your posture.
3. Keep hydrated. Sometimes changes in our lives cause us to forget the basics. This applies especially to plane travel.
4. Those buffets are tempting but try keeping meals small and spaced two to three hours apart.
5. Pack your luggage efficiently so it doesn't weigh a ton. When possible

use suitcases with wheels or a luggage cart. Finally, when lifting luggage keep your core muscles engaged by squeezing the buttocks, sucking in your belly button and using your legs to lift.



HEALTH  
IS NOT A  
CHANCE,  
IT'S A  
CHOICE



**Our mission is to educate that a properly functioning nervous system and healthy lifestyle are vital to achieving wellness. Encourage someone you care about to get their spines checked today!**