

Achieving Wellness

VICTORIA FAMILY CHIROPRACTIC

Dr. Cale Copeland

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Value of Vitality

Our health care system, or better-termed sickness care system is costing us in more ways than one. Not only are rates of cancer, heart disease, obesity, and diabetes rising, but we are also paying more than ever. In fact, right now health care accounts for 42 cents out of every dollar in BC's budget. Even worse, that number is estimated to grow to 70 cents of every dollar by 2017.

Pharmacare expenses have increased by 149.1% since 1993 and are expected to continue growing.

Conversation on Health is a current BC program aimed at rescuing our current health care crisis. My question to you is why do you think we are spending so

much and yet getting sicker?!

What will it take for us to be proactive about our health? Many of us may never adopt this philosophy, while others need a health scare, like a heart attack, to prompt a change. What makes more sense: addressing the symptom or the cause of ill health? Who is responsible for your health? The quality of your life has little to do with material possessions, but lots to do with moments. How is the quality of your life when you have poor health? Is there anything more valuable than the health of you or your family?

Food for thought.

A Greater You

Although I cannot take responsibility for your health, I do take responsibility to impress upon you the massive importance of a properly functioning nervous system. Seek health care choices that stimulate the amazing healing potential locked in your body. Examples include Acupuncturists, Naturopaths, Massage Therapists, and Chiropractors.

People who use wellness programs report dramatic improvements in their lives. How would your life change if you felt great, had more energy, lost weight, stopped smoking, and slept soundly? How would your relationships change? How would this affect the provincial and federal health care budget? Most

importantly how would the world change with a greater you?

Sign up for the free seminars we are offering on wellness and meditation, as seating is limited.

Achieving Wellness with Dr. Cale Copeland is on **Wed. Nov. 15th from 5:30 to 6:30 pm.** Fruit and water is provided.

Introduction to Meditation with Cal Danyluk is on Nov. **8th at 7:00 pm.** Both seminars are here in the office.

Take advantage of these free seminars for a greater you and a greater world. We encourage you to bring guests

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. Change someone's life; have them get their spines examined today!