



Our website is up and running!

After many months of hard work, we're proud to announce the launch of our new website -

www.thrivewellness.ca

Click on the link to obtain information about our hours, rates, patient testimonials or some chiropractic frequently asked questions.

In addition, you will find information on all the services offered at Thrive Chiropractic, including registered massage therapy and acupuncture.

Sun Run/Walk Tips

Here are some helpful hints to make sure you make it through the 2007 Sun Run happy and healthy:

DO wear proper shoes. Good footwear is essential to cushion your feet and provide motion control.

DO wear the appropriate clothing for the weather. Dress in layers - the inner layer should wick sweat away, the middle layer should be warm but easily removable and the top 1 should be a water/windproof shell.

DO drink enough water. Stay

You will be able to meet and get to know all of our fabulous practitioners, and how they can help meet your health needs.

Finally, for those of you who are more comfortable in front of a computer than on the phone, we now have an online appointment booking form.

All past issues of our newsletter will be archived on our website, so check back often for new information and updates!

hydrated before, during and after!

DO eat a pre-walk meal. A light meal 2-3 hours before the race is best.

DO maintain proper posture. Stand up straight, keep your shoulders down and back, and keep your head up looking forward.

DO stretch. Sufficient stretching, especially after the walk, will decrease your chance of injury and your level of soreness the next day.

DO HAVE FUN!

Upcoming Office Closures

Easter Weekend 2007:

There will be no chiropractic services available Friday April 6th and Saturday April 7th. Massage therapy and acupuncture will be available as usual.

The clinic will resume normal schedule on Monday April 9th.

Have a great Easter Weekend!

Topics in this issue:

- Our website is up and running!
- Sun Run tips
- Upcoming office closures

Practitioners:

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