



Back to Health Chiropractic Fall 2025 Newsletter

Greetings Everyone!

As the leaves turn vibrant shades of gold and crimson and the harvest season reminds us of nature's abundance, we hope this letter finds you well and thriving. Autumn is a wonderful time to reflect, refresh, and prepare for the months ahead - especially when it comes to your health. If it's been a while since your last visit, consider this your friendly reminder to schedule an appointment and keep your spine (and the rest of you!) in tip-top shape for the busy season ahead.

News at Back to Health

We're excited to share that our office has recently undergone renovations with refreshed updates and brightened spaces, our goal is to provide an environment where you feel cared for and supported. The outside has a fresh new look as well, with updated paint and new signage that brighten our building and contribute to the overall aesthetics of our block and community. We look forward to showing you the changes at your next visit!

You may recall that we switched to the Jane management software two years ago. We're now fully digital! All of our older paper files have been securely scanned and stored, meaning no more filing cabinets! Additionally, we are working on adding online booking to make scheduling your chiropractic appointments quick and convenient. Keep an eye out for the launch in early January!

As many of you know, Dr. Jason ran in this year's mayoral race—a true community effort from start to finish. While we came up just 31 votes short, we are deeply grateful for the encouragement and support received from so many of our patients along the way. We extend our best wishes to the new council and look forward to seeing great things ahead for our town.

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The doctor of the future will give no medicine, but will instruct his patient in the care of the human frame, in diet and in the cause and prevention of disease.

Thomas A. Edison

*The preservation of
HEALTH
is easier than
the cure of
DISEASE*

Community Involvement

We believe in giving back quietly but meaningfully to the community that supports us. This year, we were proud to contribute to the Wheatland County Food Bank, where your generosity helped us reach a record total in combined patient and clinic-matching donations—thank you! We also continued our long-standing support of the Strathmore Performing Arts Festival, an event we have been involved with since its inception.



Upcoming Events

Annual Orthotic Sale - If you've been thinking about custom orthotics, now is the perfect time! Orthotics can help improve posture, reduce joint stress, and support proper alignment from the ground up. The sale runs from November 3rd to December 1st you can purchase one pair for \$395 or two pairs for \$775.

Coloring Contest- We will see a return of our yearly coloring contest! Pictures can be picked up from the office, the contest will run from November 3rd – December 17th. Some great prizes are up for grabs this year!

Food Bank Drive- As part of our ongoing community involvement we will be supporting the Wheatland County Food Bank once again. We'll be matching all donations, and everyone who contributes will be entered into a raffle to win a Thumper Massager—a patient favorite every year. We hope you will partner with us to make this a successful way to support our community!

Thank you for being part of our chiropractic family. Your trust and loyalty mean the world to us, and we look forward to seeing you soon - whether it's for your next adjustment, orthotic fitting, or just to say hello!

*Warmest wishes for a healthy, happy and bountiful season ahead
Dr. Jason & Dr. Heather*