

Back to Health Chiropractic

CHRISTMAS NEWSLETTER 2021

Faith, Hope & Love

As we reflect over the last year of practice, we are reminded of what a privilege it has been to remain a part of your lives. We've shared frustration, tears and loss, but also joy, laughter and success. We feel this is what it means to be a part of a community, and we thank you from the bottom of our hearts for allowing us to remain a trusted member of your community in serving you and your families needs.

Speaking of community, in years past, Back to Health has supported a number of local charities with various initiatives, and have had a number of popular contests. This year, we are excited to announce we are combining both! We are well aware this



continues to be a difficult year for many, which is placing a strain on many charities and services in Strathmore and Wheatland County. With that in mind, we have decided to support the Wheatland Food Bank this year, while offering one of our most popular draws - a new Thumper massager! To participate, we will be accepting a minimum \$5 donation per entry, and the fundraiser will run from November 1st to December 17th. With 100% of the proceeds going to the Food Bank, we hope you will partner with us to make this a successful way to support a valuable local service.

Back by popular demand from kids (and kids at heart) will be our Winter themed coloring contest. As with our Food Bank Drive, this contest will run from November 1st - December 17th. Get your pencil crayons sharpened, or break out that new pack of Crayola's, and be sure to ask Alicen for the coloring page. We will also be making this available on our Facebook Page: <https://www.facebook.com/backtohealthstrathmore>. Over the years, we've loved to see the growing display of entries, but more than that, have loved the enthusiasm and joy of those who enter. Good luck to all, I'm sure the prizes will be well worth the effort!

CHRISTMAS NEWSLETTER 2021

Also popular and back this year will be our annual orthotic sale. This is a great time of year to use up the last of your benefits or health spending accounts, before they roll over in January. Regular pricing for orthotics are \$450 per pair.

Sale pricing will be \$375 for single pairs and \$725 for two. The sale will run this year from November 1st to December 3rd only, to accommodate for mail and manufacturing delays before the holidays.



Although we are far from tech savvy, we have incorporated two relatively new features into our office, in order to serve you better. The first is offering home stretching videos on our YouTube page! Often, we are asked about stretching, but it can be difficult to remember how to do them properly once at home. Our YouTube videos will allow you to reference them as you need, and can be found at:

<https://www.youtube.com/channel/UCTADgqXbh3ofuYBDOb9xEEg/featured>. The second new feature is the convenience of automatic calendar attachments when booking your appointments. If you regularly use your smart phone or other cloud based calendars, and want to take advantage of this, just let Alicen know and we can hopefully make that happen for you.



In serving you this past year, sharing in your lives, and hearing your stories, we (like you) know how difficult “doing daily life” has been. This reality makes self-care all the more important. If you are reading this as a regular practice member, we are so glad to remain a part of your self-care. If you’re reading this, and maybe haven’t been in since spring (or later), we would love to welcome you back. Stress, pain and lingering injuries all add up and affect us negatively. This season, make it a point to give yourself the gift of a small window of time to receive a nervous system reset.

We hope your holiday season is full of peace, joy and happiness!!
Dr. Jason & Dr. Heather

