



Back to Health Chiropractic September 2023 Newsletter

Greetings Everyone!

We have been apart of Strathmore and Wheatland County for nearly 25 years now and love its traditional agricultural roots. As the memories of our Heritage Days Rodeo fade, we are reminded of the natural shift of focus and energy towards harvest. Many of our farmers will say “there’s nothing like bringing home a crop.” It is this spirit of optimism and thankfulness that holds true for us at Back to Health as we anticipate the return to schedules, activities and seeing our patients return to care after a time of rest and relaxation. We look forward to seeing familiar faces and helping you to achieve your health care goals.

News at Back to Health

As many of you know, one of our major projects this year was our transition to the Jane App. This is a cloud-based program whose benefits include being completely paperless, automatic reminders (including a valuable 1-hour reminder!), patient access to appointments, credit cards can be safely stored (like with PayPal) and your doctors have access to your medical information from anywhere if needed! We have all been working tirelessly to make this process as smooth as possible and we’d like to give you a big thank for your patience with the transition, and especially to Alicen and Kiara who are nearly done scanning old paper records into Jane, so we still have access to them. THANK YOU!

Another piece of exciting news at Back to Health is the addition of Samuel Down. He is no stranger to Strathmore, having practiced Physiotherapy here for 10+ years, but joined our team this spring. He has been an excellent addition to our clinic, and we have been enjoying meeting his clients.

This Issue:

Year in Review

What’s New

Jane Software

Samuel Down

Community Involvement

Upcoming events

Contest

Orthotic Sale



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*

News at Back to Health

Last fall we welcomed Kiara to our office, and she is already celebrating her 1-year anniversary with us! She has been a great addition, and speaking of additions, she brought home a new puppy named Clarabelle in September! Alicen, our office administration superstar, is already celebrating 5 years with us and is enjoying country living on her new acreage!

Lastly, we have purchased a Shockwave Therapy machine. The benefits of shockwave include increased range of motion, decreased pain, increased blood flow, and decreased inflammation. Unlike cold laser, this therapy traditionally is uncomfortable to undergo. However, our machine uses a method to deliver the shockwave in a way that is far less uncomfortable than previous generations. Both Alicen and Kiara are certified to use both the cold laser and shockwave machines, which adds more flexibility for you!

Community Involvement

We are passionate about quietly supporting our community, and this year has been no different. This past Christmas we supported the Storefront School and the Wheatland Foodbank. In the spring, we enjoyed being apart of the Strathmore Performing Arts Festival, both financially and with our time. Just this August and September, we sponsored the S|T|A|N|D Against Sexual Assault golf tournament and a new fundraiser – The Inaugural Golf Classic for Mental Health. These causes are both close to our hearts and were thrilled to hear of their successes.

Upcoming Events

Fall is always a busy time around the office, and we look forward to a few events we have planned. Prepare your kiddos for the return of our fall coloring contest! Pictures can be picked up from the office, and the contest will run from September 25th to October 27th. Some great prizes are up for grabs this year! November will see the return of our annual orthotics sale, which will run from November 1st to December 1st. Pricing will be \$375 for one pair, and \$725 for two.

Lastly, as part of our ongoing community involvement, we have decided to support the Wheatland County Food Bank once again, while giving away an AWESOME PRIZE! To participate, we will be accepting a minimum \$5 donation per entry, and the fundraiser will run from November 15th to December 19th. Back to Health will match all donations, with 100% of the proceeds going to our local food bank. We hope you will partner with us to make this a successful way to support our community!

We hope this letter finds you and your loved ones well, and we look forward to continuing to serve your healthcare needs.!!