



SPINAL RAP



ISSUE #4
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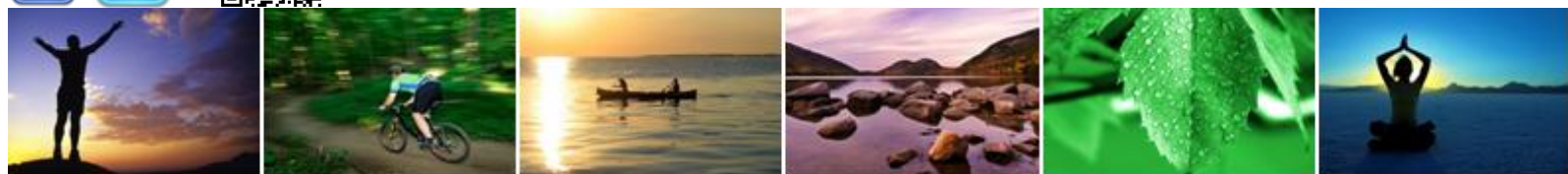
1. New Addition
2. Footmax Feature
3. Important Reminder!

HAPPY HOLIDAYS!

The snow is falling, the malls are packed and you're counting down the days until your vacation time kicks in. Christmas is here! No matter how you celebrate this time of year, all of us at Walk-In Chiropractic Clinics want to wish you a safe, happy holiday season and a prosperous new year ☺

Sincerely,
Walk-In Chiropractic Clinics

Follow us!



HOLIDAY CLINIC HOURS

WEST CLINIC

December 24-26 **CLOSED**
 December 27, 28, 29 **OPEN**
 9:00am-12:00pm
 December 30-Jan. 3 **CLOSED**
 January 4 **OPEN**

EAST CLINIC

December 24-Jan. 2 **CLOSED**
 January 3 **OPEN**

WELCOME OUR NEW REGISTERED MASSAGE THERAPIST!

Walk-In Chiropractic Clinics welcomes **Rose Cusson**, the newest Registered Massage Therapist joining our East Clinic team. Rose will be available at the East Clinic **Tuesdays, Thursdays & Saturdays**.
Please call 519-974-2211 to book your appointment today!

IMPORTANT REMINDER

December is a great time to use up any available benefits for Chiropractic or custom foot orthotics. Many insurance plans will renew January 1, 2012 and anything unused will be lost.

Call one of our offices today to schedule an appointment to have your coverage checked and updated!

Footmaxx Feature: Avoid Speed Bumps

The Iliotibial band is important in stabilizing the lower body. The movement of the knees and hips depend on this delicate muscle.

ITB syndrome is common in athletes who put extra strain and friction on this area.

Read more [here](#) and avoid speed bumps in your routine.

