



SPINAL RAP



ISSUE #10
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LIVING FOR THE WEEKEND!

At [Walk-In Chiropractic Clinics](#) we know that this time of year is all about free time to enjoy the beautiful weather and get ready for the summer months. Whether this means catching an early morning tee time, transforming your backyard into your own private oasis, or escaping to the cottage until Monday, we wish you well with all of your seasonal activities. Remember to stay active and keep wellness an important part of your daily routine.

Sincerely,
Walk-In Chiropractic Clinics

Follow us!



STRETCH BEFORE YOU SWING

FORE! It's that time of year again. The courses are open, your clubs are polished and you can't wait to break in those new (rather expensive) golf shoes....oh, and don't forget the argyle socks! Whether your name is Phil Mickelson or you're relatively new to the links, it is important to remember that golf is a sport that works out the whole body.

You may not notice, but as you follow through and send that ball down the fairway, you're working a number of important muscles and joints. Just a hint, an average golf swing puts eight times a person's body weight onto their spine!

Before getting back into the 'swing' of things, check out this [article](#) for healthy tips from proper transport of your clubs, to an appropriate swinging position that will protect you and keep you at the top of your game.

REFER A FRIEND - SPECIAL OFFER!

Dr. Tyson Joseph & Dr. David Piche would like to offer all of their existing patients and clients a special offer this time of year!

With the "Refer a Friend Program", each patient will receive a small token of gratitude for each referral made to Walk-In Chiropractic Clinics.

We thank you for your service and support!

SPRING CLINIC HOURS

WEST CLINIC

Monday	8:00 AM - 5:00 PM
Tuesday	8:00 AM - 8:00 PM
Wednesday	8:00 AM - 5:00 PM
Thursday	8:00 AM - 8:00 PM
Friday	8:00 AM - 5:00 PM
Saturday	9:00 AM - 11:00 AM
Closed for lunch	1:00 PM - 2:00 PM

EAST CLINIC

Monday	7:30 AM - 5:00 PM
Tuesday	7:30 AM - 5:00 PM
Wednesday	7:30 AM - 6:00 PM
Thursday	7:30 AM - 5:00 PM
Friday	7:30 AM - 1:00 PM
Saturday	11:30 AM - 1:30 PM
Closed for lunch	1:00 PM - 2:00 PM

KICK UP YOUR HEELS...THE RIGHT WAY!

Ladies...this one's for you! Now that the weather is nice, we are certain your work wardrobe has changed to include spring dresses, skirts and those beloved high heels!

BUT, before you grab those adorable pumps off the start-of-the-season sale rack, think twice about their usefulness when it comes to your posture and back health.

If you are a girl who can't live without her heels, follow this [guide](#) for choosing the right ones. With these tips you are sure to find a shoe that will complement your outfit AND your posture.

