



# SPINAL RAP



ISSUE #9  
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## THE WEATHER IS HERE!

As the warm weather has finally found us and it here to stay (hopefully), [Walk-In Chiropractic Clinics](#) is encouraging all of its valued patients & clients to get active and enjoy their wellness routine outdoors this time of year. Fresh air, a healthy amount of sun exposure and regular exercise are components that will positively impact your everyday health & wellness initiatives. So get out there, stay active and have fun!

Sincerely,  
*Walk-In Chiropractic Clinics*

Follow us!



## 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

## HEALTHY GARDENING

Now that the weather is here, so is the yard work! As you venture outdoors to tackle your many tasks, it is important to know the effects this labour has on your muscles and joints.

Watch this [video](#) to learn healthy gardening tips to keep the pain low as you watch your garden grow!

## FIT - IN - 15: THE NEWEST SECRET TO A HEALTHY, ACTIVE LIFESTYLE

Having trouble finding time to stay active? Is daily life just too busy to make time for fitness? **Fit-In-15** could be your solution to a healthy, balanced lifestyle that incorporates daily fitness into the rest of your routine.

Developed by Canada's Doctors of Chiropractic, experts on joint and muscle health, this program provides you with simple choices to kick-start an active lifestyle and an easy, manageable way to fit physical fitness into your busy day.

Visit the [website](#) to get started on this healthy habit -- you just might find 'fitting in' is easier than you think!

## 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!

