



Richmond Chiropractic's 2012 Christmas Newsletter



January is FoodBank MONTH!!!



Every patient who brings 2 (two) or more items for our Food Bank drive in January will receive a *Thank-you gift!!!*
(Until supplies last - maximum one per person)



Massage Maternity Leave



As many of you have already noticed, Malynnnda (one of our massage therapists) is expecting her first child in the New Year. In her absence, Niki will continue to be available for massage Tuesdays and Fridays, and we hope to have another massage therapist in place very soon. We are all looking forward to hearing the upcoming baby news!

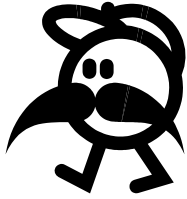
Christmas Hours:

Thursday December 27th 2pm-6pm (Dr. Betts)

Friday December 28th 8am-11am (Dr. Courage)

Regular hours resume on Wednesday January 2nd, 2013

'Mo'vember a huge success!



After a long and arduous month of moustache growing, Dr. Betts was pleased to announce his hockey coach fundraiser for prostate cancer was an enormous success! His wife, Jennifer, was pleased to see the arrival of December 1st, and the return of her clean-shaven husband!

Active Release Techniques (A.R.T.)

Dr. Betts is offering A.R.T. Therapy to assist with those difficult cases. It is a movement based release technique that treats muscles, tendons, ligaments and nerves involved with:

Headaches

Back Pain

Sciatica

Plantar Fasciitis



Shoulder Pain /Rotator Cuff

Hip pain

Knee pain

Tennis Elbow

These conditions usually have one thing in common: **overused muscles**. This is where Dr. Betts can help. Treatments are usually paired with a chiropractic adjustment and last 15 minutes. Call us for more details!

\$10 off Acupuncture

Get back to health in the New Year and save! Book an *Acupuncture appointment*, with Dr. James Dai and we will deduct ten dollars off your next one hour+ treatment when you show this coupon!

Maximum one per person. Expires February 28, 2013

Regular Office Hours

	<u>Mornings</u>	<u>Afternoons</u>
Monday	Closed	Dr. Betts 2pm-6pm
Tuesday	Dr. Betts 8am-11am	Dr. Betts 3pm-6pm
Wednesday	Dr. Betts 8am-11am	Dr. Betts 3pm-6pm
Thursday	Closed	Dr. Betts 2pm-6pm
Friday	Dr. Betts 8am-11am	Dr. Betts 12pm-3pm

New Massage Therapist

After almost two years at our clinic, Malynnda Churko our full-time massage therapist is leaving to have her first baby! We are thrilled for Malynnda and her husband Frances and can't wait to see the baby pictures!

Although Malynnda leaves big shoes to fill (figuratively only!), we are pleased to welcome to our clinic. Starting January 2nd, 2013, she will bring extensive experience to our clinic and she looks forward to working with you soon!