



Richmond Chiropractic's 2014 Christmas Newsletter



Christmas Hours:

Monday December 22nd 8-11am & 3-6pm (Dr. Betts)

Tuesday December 23rd 2pm-6pm (Dr. Betts)

(Clinic Closed Wed Dec 24th- Fri Dec 26th)

Monday December 29th 8-11am & 3-6pm (Dr. Courage)

(Clinic Closed Tues Dec 30th- Thurs Jan 1st)

Friday January 2nd 8-11am & 12-3pm (Dr. Betts)

January is Food Bank MONTH!!!



For every 2(two) items you bring for our
Food Bank drive in January
you will be ENTERED IN A DRAW for a
fantastic HEALTH CARE BASKET!!!



Regular Office Hours

Mornings

Monday Dr. Betts 8am-11am

Tuesday *Closed*

Wednesday Dr. Betts 8am-11am

Thursday *Closed*

Friday Dr. Betts 8am-11am

After noons

Dr. Betts 3pm-6pm

Dr. Betts 2pm-6pm

Dr. Betts 3pm-6pm

Dr. Betts 2pm-6pm

Dr. Betts 12pm-3pm



Goodbye and Good Luck Dr. Joseph!

As many of you know, Dr Ina Joseph has just returned to Barbados to fulfill her dream of working with her husband in her home country. We are sad to see her go but we appreciate all her hard work and we are excited for her future!



Welcome Dr. Xu!

We are thrilled to welcome a new acupuncturist, Dr. Yangyang Xu (pronounced 'Shu') to our team. She has studied extensively in Canada and China and recently received her Dr. of Medicine (PhD) in Acupuncture! Dr. Xu is also a friend and colleague of Dr. Joseph's and spent time reviewing patient files with Ina before she left. She is looking forward to meeting you, so call for an appointment today!

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

Frozen Shoulder /Rotator Cuff

Back Pain/Sciatica

Hip/Knee pain

Plantar Fasciitis

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. Yangyang Xu and we will deduct ten dollars off your next one hour+ treatment when you show this coupon!

Maximum one per person. Expires February 28, 2015