

YOUR BEST YEAR EVER!

HEALTH ALERT JANUARY 8, 2007

Let's make 2007 your best year ever. The only way to do this is to do things different than we have in the past. It will take effort, but it will be worth it.

Did you know that most Health Clubs and Gyms spend over 80% of their marketing budget for the year **in one month?** That month is January. They know that if you are going to get healthy, it will be in January, not any other month. It is urgent that you step up and commit to your health. Let's stop coasting and start to work really hard again. You cannot afford to wait another year.

The first thing you will need to succeed is a game plan. You need to know what has to get done. The second step is like Nike says "**just do it!**" No one else can do this for you.

Why is this so important? Simple, your life depends on it. Maybe not tomorrow, but bad decisions can catch up to you in the next few years. By investing in yourself, you are increasing your chances of staying well. If you do not do all that you can do, your family and friends will suffer from your poor decisions.

We want to help you achieve health and happiness in your life. Here is what we are planning to help you reach your goals.

- 1. YOGA NIGHT** Yoga night starts in our office on Wednesday January 10th. Please join us every Wednesday at 6:30 pm for one hour of yoga. Increase your flexibility and you will increase your health. Come with a yoga mat or a towel and bring a friend. The first night is free. We will be running yoga night for 10 weeks. Attend all ten sessions or come out to as many as you can. The cost per class is expected to be \$5-\$8. This is a tremendous price. It is a nonprofit event.

2. EXTREME MAKEOVER By far, this is going to be the biggest and best event our office has ever run. If you want to lose a few pounds, get in better shape, have more time and energy, then this is what you need. Our goal is to improve your health by 1% a day for 40 days. Go to our website for more information - www.familychiropractor.org Book your spot for you and a friend now. This program has limited space and it will be a sellout! We already have 30 people signed up for this life changing event. We only have room for 60. Remember, if you do not start now, you will probably not act again until next year. **Can you afford to wait?**

3. SUCCESS & GOAL SETTING WORKSHOP This is our first advanced workshop of the year. We will have one advanced workshop each month to help you. This workshop will teach you how to take a Resolution and make it a reality. Having a clear picture of what you want to do is the only way to succeed. We will discuss the secrets to goal setting and to create balance in your family life. This seminar is Thursday February 8th at 6:30 pm.

4. SEASONS WITH PAM Dr. Jeff will be on Faith Fm tonight at 7:30 pm. Tune in if you can

In January, we also have community talks booked at St. Aloysius Church, Stantec Consulting, the Public School Board and HopeSpring Cancer Support Centre. If your church group, community group or workplace is looking for a speaker on various health topics, we would love to help. Let us know who we need to call and we will. Dr. Jeff can talk on various subjects such as diet, exercise, stress and many other topics. The health of your coworkers and friends may depend on you stepping up and helping out. Thank you in advance for your concern and follow through.

From our family to yours, we wish you the best for 2007. Thank you for letting our office to be a part of your life.

Sincerely,

Dr. Jeff, Linda, Linda and Meaghan



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