

J U L Y 2 0 1 4

the

Inside-Out

Chronicles

Summer Fun!

This summer join us for some fun photo sharing time. Our Summer Subluxation Photo Contest is in full swing and there is still time to join in. Pick up your **Red** and **Green** bookmark on your next visit to start taking pictures of how to cause and prevent stress to your nervous system. Photos accepted through Aug 15 will be entered into our Facebook contest for a chance to win our Subluxation Free Gift Baskets!



Summer Subluxation
Photo Contest!
On now until Aug 15!



Welcome to the Chronicles!

Summer brings much joy, laughter and a new kind of activity for many. We are excited about the newness of the season and wish you and your families much sunshine in the weeks to come. We have an exciting line up of information this summer and we trust you will enjoy the little extras going on around Inside-Out.

This Week! Reserve your seats...

Tuesday July 22

6:30pm
Move Well
Workshop & the
90 Day Challenge

www.movewell.eventbrite.ca

Wed July 23

7:00pm
Advanced
Chiropractic 101
See front desk to
RSVP.

July 28- Aug 8

CLOSED
We are closed for
our summer break.

News, Events and Happenings

Pain Medication

This month look for information on an adjusting table pertaining to pain medication, things you should watch out for and how to let your body do the healing. Research indicates *drugs such as rofecoxib (Vioxx) and lumiracoxib were associated with twice the risk of heart attack, while ibuprofen was associated with more than three times the risk of stroke. Etoricoxib (Arcoxia) and diclofenac were associated with the highest risk of cardiovascular death.* See our handouts this month for more information.

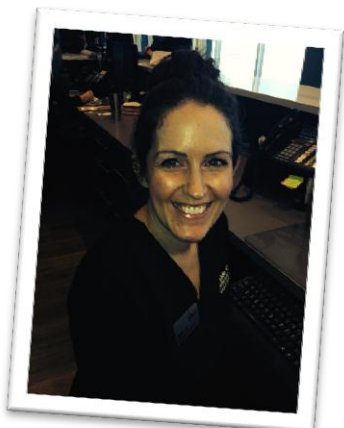


Inside-Out Lifestyles

Now providing health education at Inside-Out Chiropractic Center and around the world! Founded by Robyn Sabo, RD, BSc this company strives to educate on topics such as movement, nutrition and mental well-being. Look for workshops in house and around your community coming soon. For more info visit www.iolifestyles.com

Tell Us Your Story...

Many have been helped by Dr. Jason through chiropractic care. We want to hear your story and help others receive the unique delivery of chiropractic Dr. Jason provides. In the near future, Dr. Jason will begin teaching his technique to other chiropractors and we need your help. Fill out a testimony form and you may be selected to be part of our upcoming testimonial video!



Meet Amy...

You may recognize Amy as a Chiropractic Assistant at IOCC, but what you may not know is her Story. Amy's chiropractic journey began with excruciating pain and limited ability in her feet without the support of shoes. To read more about Amy's Story see the front desk on your next visit to pick up your own copy.

New Look, New Site!

If you haven't had the chance to check our new look, stop by and visit us at www.insideoutchirocenter.com to see the fresh new site.

Now available on the site - New Member Application Forms and a Calendar of Events.

We hope you enjoy
the change!



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