

AUGUST 2014

the

Inside-Out

Chronicles



Save the Date!

As we gear up for fall, our thoughts and plans immediately go toward planning for our Annual Thanksgiving Dinner. Be sure to Save the Date for **Thursday October 9** and join us for this incredible evening of Thanksgiving.

This year our theme is:

"Never Forget Where You Came From."

We hope to see you there as we reflect and appreciate where we have come from.



Summer Days!

Summer brings much joy, laughter, and a new kind of activity for many. We are excited about the refreshing days we have had this summer and wish you and your families much sunshine in the remaining weeks of this incredible season. We still have an exciting few weeks remaining this summer and we trust you will enjoy the little extras going on around Inside-Out. Be sure to join us as we gear up to help Inner City High School students with our supply drive!

Special Dates Coming Up...

Friday Aug 22

CLOSED
Away at a
Conference

Thurs Aug 28

6:30pm
Eat Well Workshop
and the 90 Day
Challenge

www.eatwellworkshop.eventbrite.ca

Cost: Free!

Fri Sept 5

3-6pm
Back to School
Bash!

Food, Fun and Back
to School Facts!

News, Events and Happenings

Back to School Bash and Health Awareness

This month look for information on an adjusting table pertaining to backpack safety. Recommendations on how to choose the right backpack for your child, how to measure for a proper fit, and how much is too much when loading your child down with things to carry. Packets are also available to handout for teachers.

Join us on **Friday Sept 5 from 3-6pm** for our Back to School Bash! There will be food, fun and facts including handouts on healthy snack and lunch ideas provided by Inside-Out Lifestyles.



90 Day Challenge

Join Inside-Out Lifestyles as Robyn Sabo, RD, BSc presents this month on Eating Well and shares info on the 90 Challenge that is changing the way we do life. Sign up today for this **FREE** class on **Thursday Aug 28 at 6:30pm** for Eat Well: Innate Nutrition class. For more info visit www.iolifestyles.com or www.eatwellworkshop.eventbrite.ca

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 Shawna...

Shawna has been serving at IOCC since 2012, however, her chiropractic journey began long before that. Shawna knows the importance of sticking to it with chiropractic care and has an incredible story of the difference chiropractic has made in her and her family's life. To read more about Shawna's Story, see the front desk on your next visit to pick up your own copy.

Now Hiring!

Inside-Out is looking for a new team member to be part of their child care team on Monday evenings. This individual needs to love children, have experience with ages 0-9 and be motivated to serve the little visitors we have attending our reports on Mondays from 6-9pm. More info and applications available at the front desk. Position begins Sept 2014.



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