

NOVEMBER 2018 VOLUME 1

# HOLIDAY GREETINGS

Blackfalds Chiropractic Centre 403-885-5808

## The Holidays can be Stressful, we encourage some **SELF CARE**

### 5 WAYS TO MANAGE THE HOLIDAY STRESSES

1. **KEEP EXERCISE ESSENTIAL.** Physical exercise reduces stress, improves mood and concentration and helps combat seasonal depression. 2. **GET IN TOUCH WITH GRATITUDE.** 3. **PROTECT YOUR SLEEP.** Find balance with late night parties and last minute gift wrapping. Losing sleep over the perfect meal or gift will not make you or your family happier or healthier. 4. **FEEL YOUR FEELINGS.** The holidays can be emotional, draining and stressful. Feel those feelings and keep moving. 5. Give yourself the **PRESENT.** Don't lose yourself in the planning and execution of the holidays. Remember to experience those joys in the moments that happen in the now.

## Lots of community events coming up !!

During the Months of November and December

Blackfalds Chiropractic Centre takes part in the **PASSPORT TO CHRISTMAS** starting November 1, 2018- Dec 18, 2018. Remember to bring it for us to stamp.

Blackfalds and District Chamber of Commerce is doing their annual **Christmas Light up Contest.** (Early Bird) November 23, 2018

**BLACKFALDS LIGHT UP THE NIGHT** is from 4:00-8:00 on Nov 24, 2018 at Tayles Waterpark and the Civic Centre.

The **HOLIDAY TRAIN** comes thru town on Dec 9, 2018 at 12:45-1:30. Come down to the railway crossing at Gregg Street to hear Terri Clark, Sierra Noble and Kelly Prescott. Some of us from the office will be in the crowd, be sure to say "Hi"

From all of us at Blackfalds Chiropractic Centre

Dr Candice

Heather - Reception

Betsy - Massage Therapist

Marianne - Laser Therapist

Audrey - Reflexologist, Ion Cleanse and Reiki

