

OFFICE NEWS

Kaitlyn & Sky



BABY SKY ARRIVED
MARCH 30, 2019!

- Dr. Candice
- Kaitlyn - Reception
- Betsy - Massage Therapist
- Marianne - Laser Therapist
- Audrey - Reflexology,
Ion Cleanse and Reiki
- www.blackfaldschiro.com

Welcome Kaitlyn to the office!

It's that time of year. We have all managed to survive winter and cabin fever and are enjoying warmer days. Spring cleaning and yard work is on our minds. Its important in maintenance of optimum health to remember to stretch before cleaning walls, cupboards and digging gardens. For some stretching exercises, visit our website <https://blackfaldschiro.com/> and find our stretches under the stretching link. Be sure to keep up with your self care, call the office we can help. Start the new season with a clean house and an adjustment.

