

COMMUNITY NEWSLETTER

Issue#3 - Summer 2010

Summer News

This summer has been so beautiful, I have chosen to live by example, and stay outside, playing, instead of inside writing newsletters. Hope you get away from your computer as well.

Welcome!!

I would like to officially welcome **Breanne** as our new office administrator. Some of you might have noticed a bit of activity at the front desk the past few months. We just needed to find the right fit. And with patience and faith, we did.

In addition to the front desk, Breanne will be training to be a Chiropractic Assistant, so you may see her interacting with patients in different ways.

I'd also like to welcome **Jolene**, as our new SRI facilitator.

What is SRI you ask?

It stands for Somato (body) Respiratory (breath) Integration (connection). It is a complimentary technique to Network Spinal Analysis (the chiropractic technique I use).

It helps people connect to their body (and their pain) through different breathing techniques. It is a great tool that can be used at any time during your day to reestablish your breath, or your connection to your body

to calm it and help it heal more efficiently.

Sessions are only \$10.

Here's what some people are saying about their sessions with Jolene:

"It was very profound"

"It's much easier learning breathing exercises with a coach"

"I could actually feel myself breathing properly for the first time"

"I've applied the strategies to my life, and now my life has changed around for the better!"

If you want a 'taste' first, I'm holding a SRI workshop on August the 18th.

~ Dr. Anne



Updated Cancellation Fee

Starting Aug 1, 2010, we will actually be enforcing our

cancellation policy (we have been very lenient in the past). If you can not make your appointment, there are many others who would appreciate your time slot. To facilitate this process within our busy schedule, we have started a daily-waiting list.

We are asking for **24 hours** notice to cancel your appointment.

•An automatic \$5 admin charge will be applied if 24 hrs in not provided.

•If we can fill your spot from the waiting list, \$5 is all you will be charged.

•If we cannot fill your spot, you will be charged an additional \$20, for a **total of \$25**.

If you simply don't show up, \$25 will automatically be applied.

Please respect the needs of your fellow practice members.

Thank you.



August Schedule of Events

www.innerwavescentre.ca/calendar

Thursday, August 12th

Next Thursday!

NSA Level 2 & 3 Talk

The Real Magic Behind the Healing
6:30 - 7:30pm

This workshop explains in greater detail how the body hurts and how it heals; And how the magic of NSA helps the person find their "path back to their soul".

Patients love this talk!

Wednesday, August 18th

Breathing Workshop

**Introduction to
Somato-Respiratory Integration**
5:30 - 6:30pm

This workshop is an introduction to using breath to create better body/mind connection and healing.

Visit our website course descriptions for more details. (\$10)

Thursday, August 26th

"What Your Spine can Do for YOU"
Network Introduction & Level 1 Talk
6:30 - 7:30pm

Who can you help by introducing them to Network Spinal Analysis Care? *(no charge)*

***An 80% discount will apply to all new patients who have attended a talk the same month of their first visit.*

Summer Massage Special

Massage Therapist ~ Jackie Gillies ~ is offering these great **Summer Specials!**

30% off all massages

Jackie's New Hours:
Tuesday's 11am to 7pm



Charity of the Month

YOU!!!

Go out and enjoy the wonderful sunshine!

You deserve a break.

Go have FUN!!! Remember how great summer vacation was as a kid?

Bring that innocence back.

Be good to YOU!!!