



## NOVEMBER 2011 NEWSLETTER

### Welcome, Jackie!

We are excited to bring Jackie onto our team at CLC! She has worked in the medical field many years ago and is looking forward to learning and contributing in the field of natural health care. She is active in the Westsound soccer club and is enjoying witnessing her 3 children growing up. Please help us welcome Jackie.

### Maintain Campaign

It's that time of year again! Fall colors delight us for a little longer and we are getting out those winter gloves and scarves. Thanksgiving beckons, and the holiday season fast approaches, with its gatherings, gifts, and feasts. The Maintain Campaign is here to remind and motivate you to stay active and eat in moderation. Enjoy the holiday harvest without adding to your waistline!  
First weigh-in: Nov. 14-23, 2011  
Second weigh-in: Jan. 2-13, 2012

Wear similar clothing for each weigh in and try for the same time of day. Those of you who *maintain your weight* during the holidays will receive a \$5.00 coupon to be used toward any product or service at CLC. Those of you who *lose weight* will receive an additional \$1 for each pound lost up to 5 lbs. Minimum age is 18.

### Seminar Review

Dr. Dave attended a Labor & Industries seminar on October 22<sup>nd</sup> in Tukwila. He came away with some useful tips to effectively open and manage an injured worker claim. Our providers have treated many people over the years with on-the-job injuries and our approach can be extremely helpful with reducing pain and increasing function such that time off work is kept to a minimum as well as future disability. Your chiropractor can be the first doctor you see if injured on the job. We work with the claims manager and can provide work restrictions and referrals as needed to help you recover.

### Gratitude Tree

We are doing something new in the office this season: a gratitude tree. The news is filled with negative and frustrating events and experiences. We wish to take time to notice all the things we are grateful for in our lives. Help us decorate the tree by hanging a red hand with your response: What are you grateful for?

*November Gratitude Sale - 20% off  
any one item in the dispensary*

During this month of giving thanks, we wish to express gratitude to all of you for your continued support and patronage and for investing in your health and well-being. Nothing fulfills us as much as seeing you limp in hurt, sick and broken and after sometimes just one treatment, leave with a bounce in your step, a smile on your face and the expression of kind words of thanks. Truly a win-win situation!

### If I'm sick, should I still keep my appointment?

You wake up feeling exhausted with a sore throat and a stuffy head. And...you have an appointment at the chiropractor. What to do? We are here to help you when you are well or when you are sick. A chiropractic adjustment relieves pressure on your nervous system, mobilizes fighting immune cells, relaxes tight muscles and joints, and much more. That is just what you need if you are faced with symptoms of illness! We can help shorten the course of the cold or flu or prevent you from getting it in the first place. We take precautions to minimize the spread of germs so by all means, keep your appointment and come to the chiropractor when you are under the weather.

NOTE: Office closed Nov. 24-25

Ponder this... You can't stop the waves, but you can learn to surf. ---Jonathan Goldstein