



Health Matters Chiropractic Centre Presents...

The Spinal Column

SEPTEMBER 2014

3175 Rutherford Rd, Suite 57
Vaughan, ON
@ Vaughan Mills

Phone:
905-532-0410

www.EnhanceLife.ca

Dr. Mark Renzoni
DC, RMT

Dr. Michael Lehr DC
Marina Battaglia RMT

Carl Pinter RMT

Hedie Habibnia MSc,
CCN

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Pack it Light, Wear it Right!

Going back to school shouldn't hurt! Backpack related injuries are common and can lead to long term problems. A heavy backpack can:

- Cause numbness in arms
- Reduce blood flow
- Contribute to headache and neck pain
- Distort the natural curve in middle and lower back
- Lead to muscle strain
- Cause muscles to compensate for uneven weight



Good news! You can easily prevent backpack related injuries!

Your backpack should:

- Be proportionate to your body and be made of lightweight material
- Have padded shoulder straps at least two inches wide
- Have a hip strap or waist belt

Pack it Light!

- Backpacks shouldn't exceed 15% of a child's weight
- Weight should be evenly distributed
- Pack the heaviest items

closest to the body

- Pack odd-shaped items on the outside
- Only carry items that are needed

Wear it Right!

- Always wear both shoulder straps
- Adjust the straps so the pack fits snugly
- Use the waist straps.
- Feel free to have one of our Doctors assess your child's backpack.



Clinic Updates

Back to school promotion!

Book 2 massages in September and we will add 15 minutes to your second massage!

**both massages must be booked in advance*

Paying it Forward

Health Matters Chiropractic Centre is proud to partner with the Toronto Aero's Hockey Association for the second year in a row. Health Matters sponsors the AA 2001 Minor Bantam team.

On the weekend of September 6th, the 2001 and 2003 teams participated in a pay-it-forward campaign, where they collected used hockey equipment for hockey organizations in Haliburton and surrounding areas.

This initiative will allow many children in the surrounding communities, who otherwise would not, the opportunity to play. Great work Aeros!!!!



QUOTE OF THE MONTH:

If I'd known I was going to live so long, I'd have taken better care of myself.

~Leon Eldred

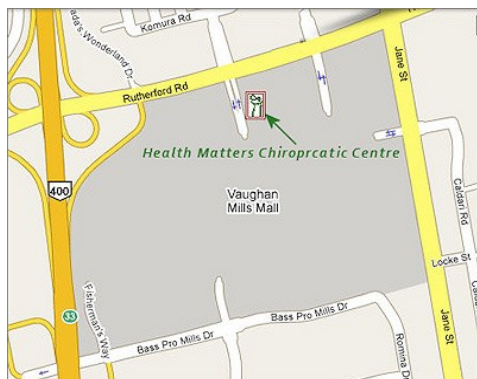
Cranium Corner

Email or fax us the answer to this trivia question by the end of the month and your name could be picked to receive \$10 off your next chiropractic visit or an additional 15 minutes for your next massage!

Question: Who is the founder of chiropractic and where is (s)he from?

Email: EnhanceLife@rogers.com
 Fax: 905-532-0413

Location & Hours of Operation



3175 Rutherford Rd, Suite 57
 Vaughan, ON
 L4K 5Y6

Sunday	CLOSED
Monday	9:00am-6:00pm
Tuesday	10:00am-7:00pm
Wednesday	9:00am- 7:00pm
Thursday	9:00am-6:00pm
Friday	9:00am-3:00pm
Saturday	9:00am-3:00pm

