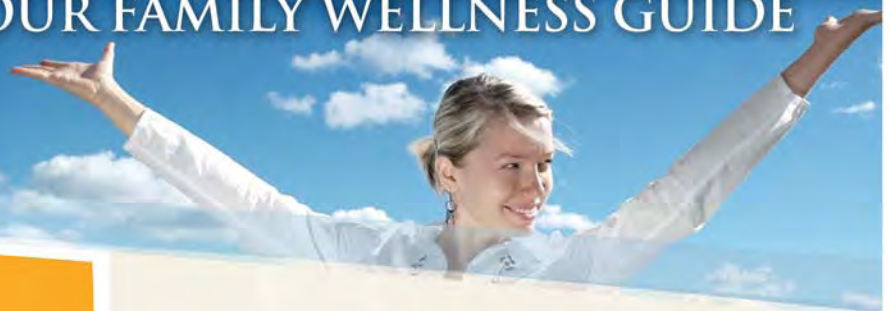




# YOUR FAMILY WELLNESS GUIDE



## FROM DOC'S DESK

### Happy New Year everyone!! Turn your resolutions into realities in 2010:

To all of our clients,

I hope this note finds you doing well as we begin the new year. Everyone always makes resolutions for the new year but few people actually accomplish them ... do you know why?

Many fail at their resolutions because they do not know how to take their resolutions and turn them into reality ... there are some very key ingredients.

The necessary ingredients are:

1. Do you know what it is exactly that causes us to develop chronic illness?
2. Do you know exactly what your genetics require in terms of how you eat, how you move and expend energy, and how you think?
3. Do you know how to get yourself to do the things that are required on a regular basis to get and stay well? Did you do what it takes regularly in 2009?
4. Do you know that it is not self-control and discipline that are required to successfully lead a healthy lifestyle? Come learn what is required.
5. Do you know how to get the proper inspiration, feedback, and positive reinforcement required for you to take action and keep going this coming year?

*Continue on the right-hand panel, ...*

6. Do you know where to find the necessary resources to grow your health?
7. Do you have and will you follow a plan of action, or will your health just be the result of luck in 2010?

How did you do? This is an indicator of how well you will do in 2010.

Here is how I will help you ... *Continued on next page*

### **UPCOMING WORKSHOPS:**

#### **1. The Innate Lifestyle Program**

- **Start the new year healthy!**

**Wednesday, Jan 20th @ 6:30 p.m.**

**Location: The Ottawa Public Library in Orleans**

Do not miss this workshop! Come learn a successful, ground-breaking strategy to optimize your health in 2010. Let's get the year started off right! Register yourself and guests at the front desk. Ask for details!

#### **2. Report of Findings Workshop**

**Monday, Feb. 1st @ 6:10 p.m.**

**Location: Hunter Chiropractic Wellness Centre**

This is the starting workshop for those who have already enrolled the initial assessment and in *The Innate Lifestyle Program*. Key information will be discussed, your assessment results will be given, your on-line logs are explained, and your implementation resources will be given out.

#### **3. Eat Well 1**

**Wednesday, Feb. 3rd @ 6:10 p.m.**

**Location: Hunter Chiropractic Wellness Centre**

We are getting started with the year's brand new workshops with Eat Well 1. Learn the first of four required components of a genetically congruent nutritional plan.

Reserve your seat early to ensure your spot!

**613. 841.9355**

4380 Innes Road, Orleans, Ontario  
(Next to The Bank of Montreal, at 10th Line)



I want you to be our guest at our **Start the New Year Healthy Seminar**.

It will be held on January 20<sup>th</sup> @ 6:30 p.m. at the Ottawa Public Library on Orleans Boulevard. We will discuss a successful plan for you to achieve the health you deserve. Reserve a seat for yourself, and for the one person you love the most. Seating is limited so reserve early at the front desk or e-mail [info@hunterchiropractic.com](mailto:info@hunterchiropractic.com).

All you have to do is confirm your seats in advance because we expect that we will quickly run out of room...so don't be left out.

Life today is more complex and challenging than ever. You must become deliberate in your attempts to mitigate the constant stress that your mind and body face. The world will not stop pulling, so you had better set your anchor. You can change your health, and your life, ... by changing how you think.

Our wish for you this year is that you get on a successful path to achieving all of your health goals. Here at Hunter Chiropractic we will do everything within our means to make your life healthier and happier, and to help you feel, be, and look your best!

Yours in health,

Dr. Mark Hunter

## Celebrate today!

I recommend that everyone find one or more reasons to celebrate their lives every single day. It's easy to forget to catch yourself doing something right.

Celebrate the fact that:

- **You are alive.**
- **Someone loves you.**  
**Someone knows you love them.**
- **You can see the wonders of the earth.**
- **You can hear the sounds of children's voices.**
- **You have the ability to alter people's lives ... for the better.**
- **You will make this year even better than the last.**
- **Your consciousness permits celebration.**

Life is filled with opportunities for practicing the uncommon and unhurried rhythm of mastery which focuses on **process** rather than product.

Thank you for the contributions you have made to our lives at the clinic, and if we have in some way contributed to yours, thank you for the honour of having done so.

2010 will be fantastic!

### Health resources at your disposal at the clinic for 2010:

- Corrective and Maintenance/Wellness chiropractic care.
- The new Complete Health Assessment to objectively assess your *Wellness & Prevention Index, Stress Load, and Functional Health & Vitality Index* scores.
- 12 new Eat Well, Move Well, and Think Well seminars.
- The brand new *Innate Lifestyle Program* which is a complete Wellness & Prevention Program for those serious about optimizing their health and prevention levels.
- We are launching a new website at [www.hunterchiropractic.com](http://www.hunterchiropractic.com) at the beginning of February.
- Custom, corrective foot orthotics.
- Monthly Wellness & Prevention newsletter
- Nutritional supplements
- and more to come ... all at your disposal if you get involved!

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