

# Blackfalds Chiropractic News



## Spring is here !

It seems sometimes as the weather gets better and we are out more often enjoying the weather, we forget about the little things. Like stretching before our activity, icing injuries as they happen, Seeing our massage therapist, laser therapist and chiropractor. Be sure to keep self care a priority. We have some stretching links over on our website, [www.blackfaldschiro.com](http://www.blackfaldschiro.com)

## 30 day challenge~ sponsored by BCC

**WE ARE RUNNING  
CHALLENGES MONTHLY ON  
OUR CHALLENGE FACEBOOK  
PAGE- COME ON OVER AND  
CHECK US OUT**

## We are now doing online booking.

go over to  
[www.blackfaldschiro.com](http://www.blackfaldschiro.com) and  
hit the BOOK NOW button

## It's sandal weather

We have a variety of styles in office to choose from, and we can order in styles and sizes quickly.

# VIONICS

## Hours:

Tuesday 12:30 - 6:30  
Wednesday 9:00 - 2:00  
Thursday 12:30 - 6:30  
Friday 9:00 - 2:00

Blackfalds  
*Chiropractic*  
Centre

