

Frackson Health Care

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April 2010 Edition



Happy April!

* Please note we will be closed on Friday April 2nd and Monday April 5th for the Easter holiday.

* Our seminar date has changed to Tuesday April 27th. Register soon as space is limited and our seminars fill up fast.

Next Scheduled Health Seminar

Topic: Arthritis – A Multi Disciplinary Approach
When: Tuesday April 27th, 2010 7:00pm – 9:00pm
Where: Frackson Health Care #105-1001 Cloverdale Ave.
Cost: Suggested \$25.00 donation to The Mustard Seed Food Bank
To Register: Sign up on the list the next time you are in the office or...☺...just give us a call and we will add your name for you.

3 Steps to a Happier You

Challenge Yourself

If you're stuck in the daily grind, wondering why every day seems to be "same old, same old," maybe it's because it is. Fortunately, you have the power. Whether it's changing up your workout routine, learning a new language, or finding creative ways to teach your kids new things, commit to continually challenging yourself and avoid stagnation.

Turn Bad Into Good

We all experience good and bad moments in life, but whether you crumble or climb is really just a matter of attitude. Negative breeds negative, which can have profound consequences. Next time you're hit with a negative, think about the up side (there always is one, even if it's not immediate) and turn that frown upside down. Before you know it, you'll be back on track.

Find Time to Relax

Life isn't a race, it's a journey filled with memorable moments; make sure you appreciate them, rather than rushing from one day to the next. It's all-too-easy to get caught up in daily routines and lose yourself. Schedule some you time every day, whether it's a sunset walk, a long bath, a good book, or even a nap - find time to relax and reap the physical and psychological benefits.

By Editorial Staff To Your Health April, 2010 (Vol. 04, Issue 04)

It's Allergy Time Again

If you suffer from seasonal allergies be sure to ask about our homeopathic allergy products that we carry. Homeopathics are a great way to deal with allergies, colds, flu, etc. the natural way.

