

FFC Newsflash

July 2008



"When you find peace within yourself, you become the kind of person who can live at peace with others."
-Peace Pilgrim

SUNDAY, OCTOBER 19TH **JOIN THE FFC TEAM AS WE TAKE ON THE** **TORONTO HALF MARATHON !**

Take Yourself Right Out of Your Comfort Zone....

A group of people involved in the FFC community have been sharing a desire to run a half marathon in the fall. As a group we have decided to make this happen.

As a way of creating community and having more fun running we propose to come together for long runs on Sundays @ 7:30 am in downtown old Newmarket.

A typical half marathon training schedule is 12 weeks in length which would mean that the first Sunday run would commence on July 27th. Sign up at the Front Desk so that we can keep you informed about start dates, relevant lectures and running meetings. At this point participants should be working towards starting the 12 wk program already feeling comfortable jogging 5-7 km at one time at a relaxed pace. Sunday runs will be at a slower pace and will follow a 10 min run/ 1 min walk cycle throughout.

Running is a perfect way to spend dedicated time with partners and friends. Feel free to speak to Piper or Laura about this opportunity.

Stay tuned for more details including running workshops, schedules & training tips.

From the desk of Piper Martin, classical homeopath ...

Homeopathic Remedies for Summer Wellness

Homeopathic remedies are extremely dilute substance made from plants, animals and minerals. They create change in your body by activating your body's own ability to heal or resolve situations - physically or emotionally.

You cannot do harm with a homeopathic remedy - the only result of the wrong remedy choice is no action, shift or change in symptoms.

Take two pellets of a remedy, wait and observe the change.

1. If the pain/sensation or state shifts and remains cured then there is no need to repeat the remedy.
2. If there is no change you may need another remedy.
3. If there is change and then a relapse repeat the remedy.

Sunburn

Belladonna 1M - 2 pellets - headaches, nausea/vomiting, flushed red face, fever.

Calendula ointment applied topically.

Bee and Insect Bites

Apis 200C - 2 pellets - bites with heat, swelling, tight shiny skin, itchy and stinging sensations.

Apis Gel - apply topically for relief of symptoms.

Food poisoning and dehydration

Arsenicum 200C - 2 pellets for nausea and vomiting - may be accompanied by diarrhea. This does not have to actually be food poisoning - it can be any state in which the symptoms resemble food poisoning - i.e.: Norwalk type of flu

Phosphoric Acid 200C - 2 pellets twice a day for three days following loss of fluids. This remedy usually presents as a feeling of weakness, flat feeling emotionally, headaches, loss of appetite and sleeplessness.

Core Homeopathy Level One

Next Session will begin September 19th, 2008
Four Friday morning Sessions - 10:30-12:00 pm
Sept. 19/Oct. 3/17th and 31st.

Comprehensive Workbook includes - homeopathic treatment of fever, colds, ear infections, coughs, first aid treatment and much more.

Please register in advance at the front desk.
Investment: \$100.00
Babes in arms welcome.

We highly recommend the following workshop ...

Vaccination Workshop

Dr. Larry Palevsky, MD
Tuesday July 8th - 7-10 pm
Georgian College Campus - Alumni Hall

Dr. Palevsky teaches holistic integrative pediatric and adolescent medicine and is here to discuss vaccine awareness with parents and health professionals.

Tickets - \$20.00 in advance - \$25.00 at the door
To purchase please call: 705-252-1358
Sponsored by the Barrie Wholistic Moms Group

From the desk of Sandra Viaes, registered massage therapist..

We all like to work, play and relax outside on a sunny day. The warm rays of the sun feel good on our skin. Too much sun can be harmful, so be careful! The sun's burning rays are also called **UV** rays. **UV** stands for ultraviolet.

UV rays can cause:

- sunburn
- skin cancer

- eye damage
- premature skin aging

The cumulative effects of excessive sun exposure, especially sunburn in young children, can produce skin cancer in later years. The Canadian Cancer Society estimates that 4,400 new cases of melanoma were reported in 2005, over 12 percent more than 2002. The incidence of non-melanoma skin cancer is also rising - up more than six percent, from 72,000 in 2002 to 78,000 in 2005. The good news is that skin cancer is almost totally preventable.

The Canada Safety Council, in partnership with *Active Living-Go for Green!* and other partners developed the Canada Sun Guide to help Canadians combine sun safety with outdoor activities. Year-round, outdoor physical activity can be healthy, fun and safe if you follow the four *Canada Sun Guide* basics.

- [Minimize Sun Exposure](#)
- [Seek and Create Shade](#)
- [Cover Up](#)
- [Use Sunscreen](#)

Go to <http://www.safety-council.org> to read more about the four *Canada Sun Guide* basics.

Safety Tips:

Plan to be outside in the early morning or late afternoon.

Stay in the shade and out of the hot sun between 11 a.m. and 4 p.m.

If you are in the sun between 11 a.m. and 4 p.m., wear long pants, long sleeves and a hat with a wide brim to protect your skin from sunburn.

Wear sunglasses that provide **UVA** and **UVB** protection.

Use a sunscreen lotion or cream that is **SPF 15** or more. **SPF** means Sun Protection Factor.

Use a sunscreen that says "broad-spectrum" on the label. It will screen out most of the **UVA** and **UVB** rays.

Put sunscreen on your skin 20 minutes before you go out and reapply 20 minutes after being out in the sun to ensure even application of the product and better protection.

Don't forget your lips, ears and nose. These parts of your body burn easily.

Sunscreen gets washed off by water and sweat. So, put more sunscreen on after you go swimming or if you are sweating.



From the desk of Dr. Laura Foster, family chiropractor ...

Choose Health Conscious Sun Block

There are 2 basic types of skin cream and lotion protection: "Sunscreens" (which absorb and deflect the sun's rays via a chemical reaction) and "Sunblocks" (which create a physical barrier against rays). Sunblocks are made of either zinc oxide or titanium oxide.

Ingredients to avoid that are commonly in Sunscreens:

PABA: Now rarely used as nearly 40% of the population is sensitive to it.

Octinoxate, Benzophenone, Homosalate, Octy-methoxycinnamate: These chemical are estrogenic and have the ability to disrupt vital hormones, affecting the development of the brain and reproductive organs in lab testing.

Parabens (butyl-, methyl-, ethyl-, propyl-): A very common ingredient in chemical sunscreens. Parabens mimic estrogen... bad.

Padimate-O and Parsol 1789: These chemical can damage DNA when illuminated with sunlight. On the skin's surface they do protect from UV; however, when absorbed into the skin the chemicals prove destructive.

Choose SUNBLOCKS instead of sunscreens: This means they include either zinc oxide or titanium oxide. Zinc oxide lies on the skin without being absorbed and very effective at creating a physical block to the UV rays.

Titanium oxide is an effective sunblock has shown some photo toxicity; however, most titanium dioxide is coated with materials that reduce its photo activity. According to current evidence it is shown to be less likely than other sunscreen chemicals to penetrate human skin making it a much healthier alternative.

Choose a biodegradable sunscreen: Examples of biodegradable sunscreens can be found with labels such as: Lavera, Aubrey, Kiss My Face and JASON Naturals. Check ingredients to ensure these 'biodegradable' sunscreens have safe ingredients.

Wear Protective Clothing: The right clothing can protect against the sun's harmful rays. Use sunglasses and wide brimmed hats. Wear unbleached cotton or high-luster polyester or satiny silk to reflect radiation. Clothes made from polyester crepe, bleached cotton or viscose offers little protection because they are transparent to UV rays. You can buy Ultraviolet Protection Factor (UPF) clothing that is effective against blocking harmful rays.

Infants younger than 6 months should be kept out of direct sunlight and dressed in cool clothing with wide brimmed hats.

Do not put on bug spray before sunscreen. Sunscreen needs to bind with clean, dry skin in order to be effective, so anything you apply beforehand (including lotion or makeup) may reduce its effectiveness. Apply sunscreen first and wait 20 minutes before misting on bug repellent. But keep in mind that when you apply bug repellent over your sunscreen, you reduce the effectiveness of your sunscreen by as much as 30%. It also takes approximately 20 minutes for sunscreen to adhere to the skin in a stable way so apply sunscreen at least 20 minutes before going outside.

Protect your eyes. UV rays can induce cataracts. For maximum coverage wear glasses that wrap around your temples so the sun can't sneak in from the sides. Look for a label that states protection from both UV rays (100% UV PROTECTION).

Wear a hat. Your scalp is also at risk so remember to at least rub sunscreen in your hair part and exposed areas like your ears, forehead, nose and the rest of your face.

Don't skip the sunscreen because you'll be in the shade. Shade doesn't totally protect you. Sand and water reflect the sun's rays as much as 50-90%, depending on the angle of the sun and close you may be to the water. And that tree or umbrella will only offer approximately the equivalent of SPF 3.

PRODUCTS TO CONSIDER: Nature's Emporium and Ambrosia carry a decent selection of reduced chemical sunscreen products. The internet allows access to an even broader range of products. Always read the labels; however, since even sunscreens found in health food stores can be chemically-laden. Some favorites to consider:

1. Epicuren Discovery Zinc Oxide Sunscreen, \$34: <http://skincarelab.stores.yahoo.net/zioxsu.html>
2. UV Natural Sunscreens (zinc oxide), from \$13: www.dermatologistrx.com

3. Devita Daily Solar Protective Moisturizer (zinc oxide) \$25: www.holisticbeauty.net
4. JASON Naturals Sunbrellas Chemical-Free Sunblock, from \$13.99 Google it!

These products may show a lower SPF value; however, remember that they are 'SUNBLOCKS' and water resistant so they stay on and won't let UV penetrate!

BILL C-51 AND BILL C-52

This Thursday July 3rd, @ 7pm at Nature's Emporium, Helke Ferre (medical science writer, publisher) will share the details of her latest published book which focuses on Bill C-52, titled, "What part of NO don't they understand?"

FYI: Bill C-52 includes many of the concerns the holistic community has been having about Bill C-51.

It has already gone through second reading, so it's important that people become aware and have their voices heard if they are not in favour of it becoming law.

Tell all your colleagues and friends so we can get the word out there.

From the desk of Julia Chotowetz, registered massage therapist ...

About 2 months ago I decided I wanted to become a runner. I got off to a slow start and did not enjoy it AT ALL! I found myself asking "Why on earth would I want to do this?" After watching Dr. Foster participate in a duathlon in May I found myself very motivated and really wanting to capture that feeling. So I buckled down and decided I had better do this right.

I have found the running website www.coolrunning.com very helpful to me. I am always checking it for tips and general advice. I want to avoid injury and really enjoy myself. I have found through reading a lot of different things and talking to a lot of different people, that there are 2 most common mistakes new runners make.

1) Trying to start too fast

I definitely did this. My first couple of weeks of running I did not like it all. I was trying to run too fast, too far, and just too long. I guess I didn't think of how different running truly is from the variety of exercises I have done in the past. When I slowed down and acted as a beginner runner, before I knew it I was enjoying it!! So far I have also managed to avoid injury which is an accomplishment in

itself!!! Like so many other things in life, running can be difficult and discouraging if not undertaken properly.

2) Not having the proper shoes

Proper footwear is so important for a few reasons. The proper shoe will help maintain proper form, give you more energy and, of course, help prevent injury. Going to a running specialty shoe, such as Running Free, will provide you with the help you need in choosing the best shoe for your foot.

Now that I have eased into running and have the proper footwear I can focus on other key things for a beginner runner such as, maintaining proper form and posture, and developing proper breathing habits.

As we do our training for the Half Marathon we are going to have lectures from various professionals to make sure we do this right. Michelle Fallis, a personal trainer from Fit City, will be helping out with warm-up, cool down and a strengthening program. John Posca from Running Free will be helping us learn about the training program and proper footwear and running gear in general. FFC Wholistic Nutritionist, Jenn Pike will be educating on us proper eating habits and general nutrition info.

If you have ever thought of running a half-marathon this could be the motivation you need. Truly ask yourself why you wouldn't want to do it. It is strongly suggested you be running for at least 2 months prior to starting the 12 week program.

SAMPLE PRETRAINING RUNNING SCHEDULE

MONDAY	OFF
TUESDAY	5 KM
WEDNESDAY	6.5 KM
THURSDAY	6.5 KM
FRIDAY	OFF
SATURDAY	5 KM
SUNDAY	8 KM

You should be able to run this schedule for four to five weeks without much discomfort before starting the half marathon program. If not, give yourself some time to build up to that level gradually, or you may risk injury.

My plan is to make sure I can do this pre-training program for the month of July and when we begin our 12-week Half Marathon training program I feel confident that I will be running pain-free!

From our FFC friend, Amanda McFadyen ...

BLISS KIDS Empowering little minds, bodies & spirits
through yoga & music . . . www.blisskids.blogspot.com.

905-868-3088



Below are some complimentary classes around town this summer-

Come if you can, bring a friend, and spread the word! Yoga is like a Laura Secord Frosted Mint - once you have a taste, you always come back for more! If you ask me, one of the only things that we need more of in this world is people stretching, breathing and shining . . . and Laura Secord Frosted Mints!

Complimentary Storytime Yoga demo classes July 5th & August 9th! Newmarket Public Library, 10 - 10:45am

Complimentary Family Yoga Classes at Lululemon!

July 13th & August 17th 10 - 11:30am

Ages 5 and up, parents required to stay.

July 13th - Colour Power!

Stretch, breathe and laugh while we explore the colours of the rainbow and the secret powers that each colour holds to help us grow and shine!

August 17th - Crazy to Calm

Move, groove, jiggle and giggle through yoga poses and games and experience yoga as it transforms your crazy energy into calm connection to yourself, others and the world around you!

BlissKids @ Kid's in the Square

Tuesday August 26th, 7-8pm

Newmarket's Town Square, Botsford St .

(behind the library)

WORKSHOPS, CLASSES & RETREATS

Partner Yoga for Parent & Child

A 2 hour workshop designed to reinforce the bond between parent & child through posture play, movement games, story, song and crafts.

2-4pm, July 6th and August 10th at Yoga Source & Therapy Studio

"Reconnect" Workshops - Partner Yoga for Couples

Strengthen the pillar relationship in your family - reinforce intimacy and connection with your romantic partner in this 2-hour workshop with Amanda McFadyen and Todd Savoye. Explore core concepts like trust, communication, playfulness and reciprocity through breath, asana and laughter. Pre-registration required.

Saturday, July 19th, 7:30pm @ Yoga Source.

Saturday, August 16th, 7:30pm

Taste of YogaKids

Learn fresh and powerful ways to enrich the lives of children in this 6-hour workshop based on the YogaKids method and developed by Yoga Mama Marsha Wenig herself! Perfect for parents, elementary school teachers, health care professionals & yoga teachers.

Saturday, August 24th, 2 - 8pm at Yoga Source and Therapy Studio. Register online at www.yogakids.com

RECOMMENDED READING FROM FFC:

From the desk of Dr. Laura Foster, family chiropractor...

The Wisdom of Menopause: Creating Physical and Emotional Health During the Change. By Christiane Northrup, MD.

Recognized as a groundbreaking classic, this book has challenged and inspired an entire generation of women with its dramatically new vision of midlife. A practical approach that incorporates real advice while inspiring women to engage in the greatest opportunity for growth since adolescence.

From the desk of Jenn Pike, holistic nutritionist ...

Healthy at 100: How you can -at any age- dramatically increase your life span and your health span. By John Robbins.

Aging is not something that begins on your 50th birthday. Rather, the way we age is a culmination of the choices we make and the way we live over the course of our lives. John Robbins' **Healthy at 100** is an awesome guide to the choices before us, clearly pointing toward a path that leads to greater health, consciousness and joy. If you want your years to be long and rich with fulfillment and energy, and if you want your heart to be filled with love and light at every age, read this book. It is steeped in wisdom and a pleasure to read, I highly recommend this one!

"The choices that we make today as to the way we treat each other, the way we raise our children, the kinds of families and communities we create, will determine how the future unfolds. If we treat each other one way, we can cultivate people driven by a death urge, who are despondent and mean. If we treat each other another way, if we encourage and uphold our essential goodness and capacity for loving connection, we can nurture a society of people who are healthy and whole and whose lives will bring healing, peace, and joy to those they touch." *John Robbins*

I believe that the real news on this planet is love—why it exists, where it came from, and where it is going. I believe that ultimately it is the love in our lives that underlies and makes possible our greatest healing and longevity.

Whether we acknowledge it or not, we all have a choice to be either accomplices in the status quo or everyday revolutionaries. We have a choice whether to succumb to the cultural trance, eat fast food, and race by each other in the night, or to build lives of caring, substance, and healing. So much depends on that choice."

<http://www.healthyat100.org/>

WHAT'S NEW & EXCITING @ FFC

FFC'S Recipes for Health, Wellness & Joy

Keep your eyes open and get your kitchen ready for this practitioner and staff infused recipe book. We have worked together to bring you some of our favorite food, drink, body, baby & home cleaning recipes and solutions from our homes and families to yours. With over 100 recipes and natural health ideas this will be a great addition to your home and make a great gift as well.

Available for purchase in Sept 08'

All proceeds going to our FFC educational movement lounge downstairs...stay tuned for more details!

Inviting You to Be Part of Something Incredible!

Foster Family Chiropractic is currently seeking a Nutritionist for a Locum Maternity leave position. We are looking for someone with consulting experience, a valid RHN or RNCP designation and personality plus!!! You must also feel confident and comfortable teaching seminars and leading group discussions.

The position is to be held from August 18th-December 18th, 2008. A great opportunity for anyone looking to enhance their business knowledge and gain practical clinical experience.

Please email your resume to Jenn Pike at balancingbodies@hotmail.com or drop off @ FFC. We look forward to hearing from you.

From the desk of Randy Ketterling, M.Ed., Psychotherapist...

KEEPING PARENTS INFORMED

Adolescent Drug use & Smoking "Poppers"

An increasing trend among adolescent pot smokers is a preference to smoke "poppers" through bongs. A cylindrical cutting of a cigarette is placed into the bong tube and marijuana compacted on top of the tobacco. This combination is then lit and inhaled through the bong. The preference to this method aside from merely smoking pot alone is the intensified high achieved from the addition of unfiltered tobacco. Many youth describe smoking poppers as the "crack (cocaine) of pot..." as the "high" from popper hits is very intense but short lasting. This form of smoking pot tends to increase tolerance levels faster which will over a shorter period of time demand that the user increase the frequency of poppers to get high. Many popper users also develop a secondary addiction to tobacco. Many frequent users will note that their mucous content is increased and in most cases quite noticeably black. Agitation and mood concerns tend to be escalated among popper smokers.

Remember that most bongs using water or other liquids to cool smoke release very little noticeable odor into the air and can be used quite easily inside of a home without risk of detection.

REFLECTIONS FROM FFC's ENJOY THE JOURNEY



A sampling of special women came together to co-create a group which we titled, "Enjoy the Journey". Between April and June we met 6 times. Our intention was to challenge our everyday thinking, ask ourselves our most inspired questions and push us onwards on our collective journeys. Well we did ... and it was rewarding. We even tackled an extraordinary challenge on Saturday, June 21st by taking part in Tree Top Trekking @ Horseshoe Valley Resort!

If this sounds intriguing to you we invite you to let our front desk team know that you would be interested in exploring a group such as this in the future.

To all our ETJ participants, *thank you*. It was a phenomenal experience for us too. What some ETJ'ers had to say ...

"We can't solve problems by using the same kind of thinking we used when we created them." Enjoy the Journey has provided me with the knowledge to change and let go. I will refuse to take ownership of everything... To experience this group was magical!!!" D.M.

"Just a quick note to say thank you, thank you, thank you...what an amazing adventure...after having cried twice in the beginning and really wishing I hadn't come. I soooo got into it...as terrifying as it was. I just started thinking...you can do this, just focus on one step at a time (literally). What a fantastic experience. What a "super D duper" day! On the way home I stopped to check my lottery ticket and I won \$10.00 and then my daughter bought me a dozen white roses to tell me how proud of me she was for doing it. All in all it turned out to be a GREAT day!" D.M.

**OUR FULL SCHEDULE OF EVENTS IS
AVAILABLE ONLINE @
www.fosterchiropractic.com
(under workshops & events)**

Fuel Your Body Fuel Your Run

Please join Jenn Pike our FFC Registered Holistic Nutritionist in this insightful seminar on proper nutritional support for your body in preparation for Race Day!

Discover healthy, realistic and motivating tips on:

- What to eat pre/post workout
 - Staying hydrated
- Gels, Chews & Electrolyte drinks
- Preparing Nutritionally for the Big Day
- What Vegetarian Athletes Need to Know
 - Meal Ideas, Recipes & Options

Tuesday July 22nd 7-8:30pm @ FFC: Free

Balanced Kitchen with Jenn Pike presents...

2 dates left for summer cooking classes. There are 2 spots left for July 11th and 5 for August 1st. Please let me know of your intentions by emailing me at balancingbodies@hotmail.com.

Friday July 11th 11-2pm

Smoothies, Appetizers and Sweet Endings

Menu: Chocolate Monkey, Pina Colada, Guacamole, Almond Mushroom Pate, Raw Pizza, Everything Bars, Almond Bites, Chocolate Tofu Cheesecake

Friday August 1st 11-2pm

Simple Salads and Side Dishes

Menu: Veggie Pate, Kale Avocado Salad, Rainbow Pepper Salad, Rice with Nuts and Raisins, Marinated Portobello Mushrooms, Sushi, Chocolate Dipped Dried Fruit.

Discover How Proper Nutrition Can Help You & Your Family

Please join Jenn Pike RHN for a 20-minutes complimentary consultation & ask her your most pressing nutritional questions. These sessions are intended for clients who have not yet had the opportunity to speak to Jenn about any of their concerns or if you have family members who are interested but not quite there yet. Please bring any questions, supplements or food journals written down with you that you would like to discuss.

Tuesday July 22nd 2pm-4pm

2-2:20pm, 2:20-2:40pm 2-3pm, 3-3:20pm, 3:20-3:40pm, 3:40-4pm

I look forward to meeting with you.

Jenn

From the desk of Dr. Laura Foster, family chiropractor ...

Simply stated, you cannot live a full human experience with your nervous system under stress. Have you ever thought about that? If your nervous system is responsible for every possible physical, mental, metabolic and emotional experience you have, what would happen if your nervous system was working less than optimal? Well, simply stated, you'd be less than optimal. Your 'life experience' would be less than optimal. This is why many of our practice members feel that not only do they feel better but THEIR LIVES BEGIN TO CHANGE when they get adjusted. I love it. It's what keeps me coming back to practice day after day. I love to see people create lives that are richer, fuller, and more meaningful.

From our website:

What Techniques Do The Doctors Use To Adjust Practice Members?

The doctors use a variety of traditional and gentle based techniques. We mainly use a gentle based technique called Torque Release Technique.

About Torque Release Technique:

Non-manipulative: The emphasis is in communicating new corrective information through gentle touch or a light thrust by a hand held instrument.

After each adjustment, the body is given time to process the corrective input.

Corrections don't stop when you get off the table, but continue with your body's movements and breathing.

This process teaches and empowers your body to make more corrections and healing with ongoing care.

Because analysis and correction are not just limited to the area of pain and symptom, integration tends to be more complete and healing experiences are deeper in all areas of the body, mind, and emotions.

The primary intent of this work is to progressively reduce blockages and tension in the entire spinal system, to release trapped unresolved patterns in the body/mind, and to facilitate reintegration of the nervous system, allowing a greater expression of one's healing and performance capabilities.

The Doctors in this office also utilize a number of other techniques which are appropriate for infants, children, seniors and pregnant moms. Whichever the method, all techniques will be discussed with practice members prior to their commencement of care.



We Invite You To Consider All Possibilities.

FFC & Associates

June 2006

Healing is about growing, changing, redefining, and expanding. We believe that the experiences our practice members have in our clinic allows them to live, flourish and realize their highest personal potential. Wherever that takes you and whatever that looks like is truly up to you. We serve by educating, supporting and facilitating whatever you'd like to create.

If this concept sounds exciting to you we truly invite you to become a FFC practice member. Through chiropractic, homeopathy, massage therapy, nutrition and psychotherapy we strive to support you as you create a lifetime of greater life experience.

For those who are already a member of our practice, we thank you. We hope you love your experience as a member of our practice. Our success is a true testament to our clientele of phenomenal practice members.

ARE YOU INTERESTED IN?

- A) A future 'Enjoy the Journey' workshop?
- B) FFC's biweekly meeting of Red Tent, a gathering of women who are pregnant or have recently given birth?
- C) A multi-week program for parents this fall? We would explore the concepts of parenting, children's learning styles, and supporting our children in their social and academic endeavors.
- D) Other workshop topics?
- E) Knowing more about nutrition, homeopathy, psychotherapy, massage therapy or chiropractic?

IF YOU ANSWER 'YES' TO ANY OF THESE TOPICS, PLEASE FEEL FREE TO EMAIL DR.FOSTER@ROGERS.COM OR CONTACT OUR FRONT DESK FOR MORE INFORMATION.

FFC 905-898-8098

WWW.FOSTERCHIROPRACTIC.COM

THANKS!