

AFW Happenings

2018 FALL NEWSLETTER

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Managing holiday stress

The countdown is on! What is it now, less than a few weeks away till it becomes the silly season? Kids activities, school concerts, buying gifts, travel arrangements, bills, money to spend, work, work, and more work. Work functions, family functions, oh dear! When will it end and will I survive?

This is the type of dialogue some of us have running through our minds on a daily basis when the holiday season is upon us. The anticipation of a lot of things to do, and get done in what quickly becomes a very short amount of time in which to do it. The result is that dreaded world of holiday stress.

But wait, there is always a solution. There are many ways to cope with the inevitable. The first, have a plan and ask for help. So many times we have so much to do and don't know where to start. Devise a plan and delegate some of the things that have to be done. There is nothing wrong with asking for help and there is everything right about dividing up the day to day tasks. Slow down, take a breath in what should be a very joyous time of year.

Next, stay healthy. Its flu season to add on top of everything. Exercise regularly, lots of water, sleep well, get a massage, get adjusted by Dr.Rebecca and take the time to manage your stress through these tried and true methods!



INTERNET FIST BUMP

Patient appreciation draw

There is never enough thanks we can give to our patient base for the support and opportunity we get to work with such great families and individuals.

For our fall patient appreciation draw, and maybe to help out with the holiday season, we will draw a name for a \$100 pre-paid gift card at months end. Good luck to everyone!

Decreased sunlight

As the days get longer and there is a decrease of sunlight in our day, one of the most common effects to us is our mood.

The lack of sunlight can affect our mood through a decrease in serotonin levels in our body. Serotonin is a neurotransmitter that aids in our feeling of happiness and well-being.

Serotonin is also associated with enhancing our mood and helping us feel calm and focused. Make sure to get out on a sunny day and enjoy some sun!



"achieving optimal health through movement and motion" -our mission statement

What we do!

Chiropractic

Massage Therapy

Graston Technique

Shockwave Therapy

Exercise Programs

Custom Fitted Orthotics

Active Release Technique

Kinseo Taping



Airdrie
Family Wellness