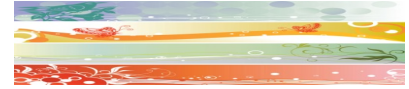


SARASOTA CHIROPRACTIC CENTRE SPINE NEWS BULLETIN



Dear Patients:

Are you asking the same question we are...where did the first quarter of 2009 go? Hopefully you began this new phase with a clean slate and a renewed spirit. Since you are the maestro, the architect and the author of the next chapter of your life, why not make it a *best seller and maximize your well-being physically, emotionally and spiritually!*

That being said, I realize these daunting times are not for the faint of heart. However, history has proven that out of adversity comes opportunity. In order to be prepared to grasp the opportunities, more than ever you need to be at the *top of your game!*

That is where we come in. With a health preventative plan of action and teamwork, we can help you achieve your optimum well being.

If you already have back, neck or leg pain, let us help you relieve it. Left alone it can become chronic with adverse complications. Once we correct the issue, we encourage you to do a maintenance approach so that you are living pain-free.

SOUNDS LIKE A GOOD PLAN, HOWEVER....

Doctor, how do I get the care I need and deserve when I'm on such a limited income? Good question but, we're pleased to let you know that Sarasota Chiropractic has taken every possible approach to make your Health care affordable. We take Most insurances, honor Medicare, offer price saving maintenance packages, and accept Visa and Mastercard.

We've implemented a new program called "Care Credit". When you make application to this program, you can have the costs of your visits automatically deducted from the Care Credit program.

And, the bottom line is limited budget or not... ***Good health is Priceless!!***



HEY LOOK US OVER!!!!

We are like "Tide"...NEW & IMPROVED!!! Actually, not us personally, we're still the same friendly team of healthcare professionals, but **our website is new and improved** and has recently been updated! We invite you to pay us a visit at www.srqchiropractic.com

Our goal is to keep you informed about our special events, latest health tips, and Special health care fees! So, if you haven't provided us with your email address, do so today. Just email us at srqchiropractic@aol.com. We'd love to add you to our family of internet users!!!

SPEAKING OF FAMILIES...OURS HAS JUST GROWN!

Megan, Dr. Walter's assistant has added another blessing to her already beautiful family. Angel (A.J.) Poli was born 3/7/09 weighing in at 7 lbs., 5 oz. & Kathi, one of our wonderful therapists has become a grandmother again. Ms. Kenzie Hewitt was born on 3/20/09. She was 6 lb, 11 oz. ***Welcome Little Ones!***

SPRING YARD WORK....

It's that time of year where we are sprucing up our yards after the dormant winter season. This additional physical activity can take a toll on your body! With a few minor adjustments (besides the Chiropractic kind), you will not feel the effects of yard work so much. Remember to stretch prior to work; bend correctly from your knees, and "hug your best friend"...that would be **you!** Wrap your arms around yourself after letting your breath out and rotate to one side, as far as you can go. Hold it for 10 sec., then reverse. Repeat 2 or 3 times! It is important to operate your yard equipment safely and prepare your body in kind! **Dr. Walters**

New Offering. Tues. and Thurs. afternoons, Debbie is offering "Hot Stone Massages". If you are interested, please call about this relaxing technique and our exceptional pricing.

Mother's Day Special!!!

On May 10th you have the opportunity to give back to the person who gives so much of herself! Why not treat her to a gift of well-being. Purchase a Mother's Day Massage Gift Certificate...she's sure to love it!!! .

*1 hour gift Certificate...reg. \$70.00

Special.....\$55.00

*Mention this coupon when making an appointment at

941-922-2000

April/May 2009