



Improve your golf game!

Proper spine flexibility and strength is essential to a good golf game.

Increasing either of these variables will more than likely lead to longer drives and strokes off your game. That is why most professional golfers know that chiropractic care is a necessity to keep them healthy and give them a competitive edge.

In addition to chiropractic care, a proper warm-up and stretching can ensure you have the best day possible out on the course. I regularly refer patients to the Canadian Chiropractic Association's golf stretching pamphlet.

These quick and easy exercises will help to prepare your body for the increased forces that occur during your game.

You can download the *Golf Stretches* pamphlet by clicking [here](#).

Major Change in Office Hours

Dr. Debbie will be changing her office hours in June to Tuesdays and Thursdays only. Her last day in the office will be June 30th.

Dr. Ian will be changing his hours and will now be working Mondays,

Wednesdays, Fridays and Saturdays. Be sure to drop by Thrive for a wine and cheese to say farewell to Debbie and to meet Ian. It is happening **June 25th, 2009 from 6-9.**

Upcoming Office Closures

There are no office closures scheduled for the month of June.

Topics in this issue:

- Improve your golf game!
- Major change in office hours
- Upcoming office closures

Practitioners:

Dr. Ian Boonstra, DC
Dr. Debbie Wright, DC
Kurt Jurek, R AC,
R.TCM.P
Cheri Naslund, R Ac
Katrina Smith, RMT
John Yamashita, RMT

Thrive Chiropractic
Wellness Centre
1546 W 2nd Ave.
Vancouver, BC
V6J 1H2

p: 604-730-0111

p: 604-730-5444

f: 604-730-4655

info@thrivewellness.ca

www.thrivewellness.ca