

# Excellence In Health

November 2006

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*COMING  
SOON!*

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## Message from Dr. Zielonka

I am pleased to deliver the first edition of our health newsletter. There have been a lot of changes in our office now that I can focus on just one clinic with the goal of bringing optimum health to you and your loved ones.

Future newsletters will continue to bring to you the latest in health research as well as tips for improving your everyday life.

I wish to personally thank all of you for allowing us to be of continued service to you as well as all of those who have followed us from our old location.

## You're Invited to our Party!

Holiday Cheer!

Please join us on Friday Dec. 8<sup>th</sup> from 12 – 2pm, in our office for music, food, prizes & fun!

## Digital X-rays

Dr. Zielonka is pleased to announce that the most advanced x-ray system in the province is expected to be given approval by Health Canada in the next week.

We look forward to offering this cutting-edge technology to our patients very shortly.

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*Relax and de-stress in our  
new state of the art  
Aqua Massage Spa!*

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## Aqua Massage

With the special body profiler system, our Aqua Massage is the latest, most advanced model available which allows for varying massages to accommodate your exact needs, from the most gentle relaxation massage to deep therapeutic.

Try it now! Walk-in only, no appointments.

Various packages are available. Makes a great gift!

## 18<sup>th</sup> Annual Christmas Toy Drive

Monday December 4<sup>th</sup> is our Annual Christmas Toy Drive.

On this day **ONLY**, Dr. Zielonka will donate his services in exchange for a donation of a new unwrapped toy and/or non-perishable food items. Please feel free to post the attached flyer at your work place.

Please call now to schedule your appointment time, and help us share the gift of giving this holiday season!



## Skating at Scotiabank Place

Please join us for our 2<sup>nd</sup> Annual Family Skate at the Scotiabank Place (Corel Centre) on Friday Dec. 8<sup>th</sup> from 7pm – 8pm.

A voluntary \$5 donation will be accepted for our selected charities. Please see Dr. Zielonka for tickets.

## Moving a Ton of Snow

Be prepared this winter season. Enclosed, please find a copy of Dr. Zielonka's article on shoveling snow. For additional copies to post please visit our website @ [www.excellenceinhealth.com](http://www.excellenceinhealth.com)

## Our New Water Pillow

Now available!

Our new Chiroflow Waterbase Pillow offers outstanding comfort and is clinically proven to reduce pain and improve quality of sleep.

Makes a great Christmas gift!

## World's Best Kept Health Secret Revealed!

Dr. Zielonka's new co-authored book is a great gift idea for a loved one.

A portion of all proceeds will go to the NICU of the Ottawa General Hospital.

## Holiday Gift Certificates

Give the gift of health this holiday season!

Aqua Massage  
Chiropractic Exams  
Physiotherapy Exam  
Gaitscan Analysis for Custom Made  
Orthotics and TQ1000 Laser Testing

## Orthotic Testing

Remember that even the best of orthotics wear out over time. If yours haven't been checked in the past year please have them tested on our TQ1000 Laser, the only laser in Ottawa capable of doing so.

Please also check your insurance policy to see if you can take advantage of a new pair before 2006 runs out.

## New Exercise Programs

Watch for our new spinal rehabilitation exercise programs in January.

## E-mail Addresses

In our continuing effort to bring health to you, your loved ones and our community as well as our desire to save trees, please provide us with your e-mail address. It will be used to inform you of schedule changes and other upcoming events.

Please rest assured that your e-mail address is perfectly safe with us as we will always respect privacy laws and doctor-patient confidentiality.

## Lecture Schedule

*Dr. Zielonka is pleased to announce the latest edition of the...*

### HUMAN PERFORMANCE LECTURE SERIES (WINTER 2006)

Dr. Zielonka provides this series as a community service in an effort to educate the public. Its goal is to help you take an active role in achieving and maintaining optimal health. It is open to our patients, their guests and the general public and is provided free of charge. All lectures are designed and presented by Dr. Zielonka at the World Exchange Plaza unless otherwise noted.

#### **Sitting on the Job**

**Tues Nov 28**

**12pm-1pm**

A must for all office workers. Learn how prolonged sitting causes headaches, stress, carpal tunnel syndrome, low back pain and even premature aging. More importantly learn what you can do about it.

#### **Health for Life**

**Tues Jan 16**

**12pm-1pm**

Our core health lecture – prescribed for all patients. This lecture will cover:

- the true definition of health
- the five keys to health
- the role of chiropractic care and optimal nervous system function
- symptoms versus optimum health

(Correct completion of our quiz makes you eligible for a complimentary adjustment)

#### **Metabolic Detoxification**

**Tues Jan 30**

**12pm-1pm**

Our comprehensive detox program is a must for everyone! Learn how everyday pollution and toxin build-up adversely affect your health.

#### **Your Feet Take 10,000**

**Tues Feb 13**

**12pm-1pm**

#### **Steps a Day**

Poor foot support results in ankle, knee, hip and low back pain. All participants will be tested on the latest technology for custom orthotics.

#### **Abs for Life**

**Tues Feb 27**

**12pm-1pm**

This is a full participation class. Please dress appropriately.

#### **Sitting on the Job**

**Tues Mar 13**

**12pm-1pm**

A repeat of one of our most popular lectures!

#### **Headaches – Is there a cause, is there a cure?**

**Tues Mar 27**

**12pm-1pm**

Find out what causes the different types of headaches, and what you can do about them.