

Today's Chiropractic Weekly Handout

Dr. Charles M. Laycock



HELP US CELEBRATE EARTH DAY THIS WEEK!!

Earth day is **Friday, April 22**, and we need your help planting our garden! Bring the kids in so they can plant some veggies in the garden and they can even plant their own pot to take home or keep at the office!



Some Simple Changes You Can Make To Be A Little Greener in 2011:

- Recycle!
- Reuse old items
- Replace standard light bulbs with fluorescents
- Turn off lights and unplug electronics when not in use
- Bike or walk instead of drive
- Plant a tree
- Plant a garden
- Eat more local foods
- Eat organic whenever you can
- Use reusable bags at the grocery store
- Turn down the temperature on your water heater
- Switch to low-flow showerheads
- Use non-toxic cleaning products in your home
- Create a compost pile or invest in a compost bin

HEALTH TIP OF THE WEEK:

Spring usually means we are working outside, doing some spring cleaning and generally being more active. Be sure that you are bending and lifting with your legs, not your back, staying hydrated, taking breaks and stretching. Also make sure you are *keeping up with regular adjustments to keep your spine healthy and strong!*

Miss an issue of The Weekly Handout? Visit our web site to catch up on all of the past issues!

Today's Chiropractic Clinic

614 S. 225th Street
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www.todayschiropractic.net

Office Hours:

Mon/Wed/Fri: 8:30am-12pm & 2:30pm-6:30pm

Tues: 8:30am-12pm & 2:30pm-5pm

~ Serving Our Community Since 1990 ~