



Health News this month



We have some special announcements that deserve a special newsletter!

First, a note from Dr. Wanda Lee:

I am moving to a new clinic schedule next week. I know, again! I do apologize for the inconvenience. This time it isn't to make more time for patient visits, but to limit my adjustments per day due to some chronic wear and tear on my own back. Fortunately, good chiropractic, exercise, yoga and massage have kept things going this long and minimized any joint/nerve issues for all of these years..

At the risk of "oversharing", I want tell you a bit about my recent X-rays. There are several bones in my middle back that have taken the strain of 29 years bending over and delivering adjustments. I have remarkably little degenerative "arthritis" in there (YAY chiropractic!), but we don't have much control over the bone breaking down. It's not the end of the world, and I am safe to work so please don't worry. However, it changes the rules of my practice ability for now. Above all, I want to do what I would tell any of you to do - prevent this from getting worse and be able to keep looking after you all for at least the next 10 years!


Starting March 21, I will be here Monday through Thursday (adding an extra day!) BUT only a maximum of 2 hours per day of adjusting as we let these compressions settle and don't add any more in there. It does cut a couple of hours out of my schedule and it may not be as convenient to "get in" at the last minute. Advanced booking is recommended! Luckily, Dr. Andrew is here to help as well!



Thanks in advance for understanding as we work out the new schedule and try to help you all find the best new spot for your appointments if your favourite time is no longer available. I know many of you will be worried to hurt me by coming in, but please do not be concerned. I am making these changes so this is safe for me to keep doing what I love - providing your chiropractic care! Please see my new schedule below.

We are also reminding you all of Dr. Andrew's new hours, starting April 1, 2022.

We have additional hours on other days so he will have available times Mon - Thurs. He will no longer have Friday am hours - we are giving him an extra day off for rest and his own well-being too. 29 years of adjusting does take a toll!



APRIL 1, 2022

NEW HOURS!

Dr. Wanda Lee's NEW Hours:
 MONDAY @ 4pm - 6pm
 TUESDAY @ 1130am - 130pm
 WEDNESDAY @ 4pm - 6pm
 THURSDAY @ 1130am - 130pm

Dr. Andrew's NEW Hours:
 MONDAY @ 130pm - 730pm
 TUESDAY @ 2pm - 6pm
 WEDNESDAY @ 7am - 1230am
 THURSDAY @ 130pm - 730pm

Stephanie's Hours: (no change)
 Mon, Wed, Thur, Fri and Sun

**Front desk hours are in addition to our chiropractic/massage hours.

SEE NEXT PAGE FOR NEW COVID PROTOCOLS!

NEW COVID PROTOCOLS BEGIN MARCH 21, 2022



As we enter the new phase of living with the coronavirus, masks will not be required starting Monday, March 21!

For those that are comfortable, we look forward to seeing your faces again!



We are going to be a "mask neutral" space in the great debate (LOL). We ask everyone to be respectful of personal choices in all directions, as we navigate many individual health and wellness concerns. It has been a very long 2 years and it takes time to adjust to change!

We will continue to provide sanitizer for use.
We encourage everyone to continue to respect personal space and suggest that you use a mask in the clinic if you are feeling less than well or consider rescheduling if you are sick.

We also continue to use enhanced cleaning strategies and will continue to have our plexiglass in place for these next months as we work to find balance in our "new normal".

Let your doctor know your preference for THEIR mask. We are here for YOU and will wear ours too on request!