

CORREACTOLOGY HEALTH CARE GROUP INC.

CORRGAZETTE

STURGEON FALLS CENTER

A New Correactology® Center to Serve You Better!



Continuing attempts to serve you better, Correactology Health Care Group Inc. is proud to announce the opening of a brand new clinic in Sturgeon Falls, Ontario.

Practitioner Julie Bédard CHCP® is relocating from our Milton location to become the primary clinician at this site.

Located at **77 Front St. Unit B**, this clinic will contribute to the Correactology® community in Northern Ontario.

The grand opening will take place in the month of May. Appointments are currently being scheduled. Please call 705-223-2222 to schedule your appointment today.

SPRING HAS OFFICIALLY SPRUNG: GET OUTDOORS AND GET MOVING

Friday, March 20th marked the first day of spring but with the excess amounts of snow that still seems to be falling that notion is rather hard to believe. However, as the snow melts there are more opportunities to get out and get active. Physical activity helps improve your overall health, fitness levels, reduce stress, as well as reduces your risks for many chronic diseases. Children should have 60 minutes per day and adults should get 2.5 hours per week as well as muscle building exercises twice a week.

There are many activities in the spring that can be done as a family that are both physical and fun. These include, but are not limited to: hiking, biking, rollerblading, mowing the lawn, playing tennis, going for a walk, gardening, orienteering, camping, playgrounds, bug hunting, skipping, and bird watching. Get out and get active for better health!

INTRODUCING THE CORREACTOLOGY® NEWSLETTER!

May marks the first edition of the official Correactology® Newsletter! The Corrgazette will attempt to bring together the continuously growing Correactology® community while also providing information and insight to all of its members.

The newsletter will highlight and recognize achievements of all staff and students as well as advancements made within the organization as a whole.

Correactology Health Care Group Inc. believes that communication is essential; therefore, our information is provided from a wide range of Correactology® contributors.

In attempts to maximize communication, the Corrgazette will be available monthly in clinic waiting rooms as well as online at www.correactology.com. We are very excited about this endeavor and look forward to the upcoming months.

- Correactology® News Team

UPCOMING EVENTS

MAY 3 - WALK SO KIDS CAN TALK

Kids Help Phone
<https://walksokidscantalk.ca/>

MAY 4-10 - MENTAL HEALTH WEEK

Canadian Mental Health Association
For more information visit <http://mentalhealthweek.cmha.ca/>

MAY 6 - NATIONAL DAY TO END BULLYING

Boys and Girls Clubs of Canada
For more information visit <http://www.bgccan.com/>

MAY 10 - MOTHER'S DAY

MAY 10 - WORLD LUPUS DAY

MAY 18 - VICTORIA DAY

MAY 25 - WORLD MS DAY

MS International Federation

For more information visit <http://worldmsday.org/>

THE MONTH OF MAY PROMOTES AWARENESS FOR:

Asian Heritage, Asthma, Speech and Hearing, Celiac Disease, Cystic Fibrosis, Doulas, Vision Health, Huntington's Disease, and Multiple Sclerosis.

For more information visit Health Canada at www.hc-sc.gc.ca

CORREACTOLOGY HEALTH CARE GROUP INC.

PRACTITIONER SPOTLIGHT - ANGÈLE AND LOUIS LAPOINTE

Familiar faces to many within the Correactology® community, Angèle and Louis Lapointe are constantly working towards their ultimate quest of helping people achieve quality of life through health. Angèle and Louis have a deep love for helping people. They have both devoted countless hours and sleepless nights trying to gain credibility for Correactology Health Care Group Inc. (CHCG) and the Canadian Institute of Correactology (CIC); without them Correactology® would not be what it is today.

Originally from Sturgeon Falls and Verner, ON, Angèle and Louis are the definition of teamwork. Angèle is the Academic Director of the Canadian Institute of Correactology and the Director of CHCG and Louis is a Practitioner,

Director and the COO of Planning and Development for CHCG. Louis currently assists at the Milton location but has also done the planning and development of opening every existing clinic in Ontario. Angèle is by his side every step of the way. Before Correactology® Louis worked in the mining industry. Angèle was a teacher for 31 years at various levels and also worked as a consultant for the Ministry of Education. They have two sons, and seven grand children whom they enjoy spending their free time with. Their love of seafood and family are evident with fishing and lobster boils at family gatherings. They enjoy spending time and teaching their grandchildren about the outdoors;



they have given their grandchildren unconditional love, guidance and, most of all, friendship. Angèle and Louis are pillars of patience, perseverance, and passion.

Angèle and Louis define and are the epitome of 'above and beyond.' They are our very foundation upon which everything Correactology® stands. Staff would truly like to thank Angèle and Louis for their continuing hard work and dedication to CHCG and CIC.

***"It is a privilege to have been a life-long learner. Knowledge is a wealth, but learning from others is even more valuable: learning from my grand-parents, my parents, my children, my friends and my acquaintances. I have learned the most precious lessons from my grandchildren."* - Angèle Lapointe**

Favourite song to dance to?

A - "Let's Do The Twist"

L - "Set Fire to the Rain"

If you could be any superhero for a day, who would you be?

A - My father and my mother

L - My oldest granddaughter
"Grand-papa and grand-maman are our superheroes. They are the King and Queen of our castle"

Who would play you in a movie about your life?

A - Meryl Streep

L - Robert Redford

OUR LOCATIONS

Sudbury, ON (Main Center)

705-525-7721

Timmins, ON

705-360-1116

Val Caron, ON

705-897-1811

Sault Ste. Marie, ON

705-942-2855

Barrie, ON

705-725-9000

Milton, ON

905-864-9611

Rouyn-Noranda, QC

819-762-6161

Sturgeon Falls, ON

705-223-2222



HAPPY MOTHER'S DAY FROM YOUR LOCAL CORREACTOLOGY® CENTER!

PATIENT TESTIMONIAL

"After being airlifted off of a drilling rig in Alberta with extreme pain, doctors told me that they thought I had broken my back. I had been experiencing pain that would have me lying flat on my back gasping for air and afraid to move. Two doctors and one specialist later, they had come to the conclusion that 'backs are tricky things' and I was left with no

answers. Family members eventually convinced me to give Correactology® a try and after just one visit my Practitioner deduced that my allergies were making my lungs spasm. It was my lungs, not my back. That was three years ago now and with just a few sessions I became pain free and was able to return to work. Correactology® helped me figure out what was really going on and for that I am grateful."

- Daniel

Would you like to share your story? Talk to a Patient Services Coordinator to find out how!