



CORREACTOLOGY HEALTH CARE GROUP INC.

THE CORRGAZETTE

IS WELCOMING

2016!

A NEW YEAR, A NEW CLINIC:

Newmarket location to open January 6th, 2016!

Correactology Health Care Group Inc. is pleased to announce that on Wednesday, January 6, the newest Correactology[®] Center will open its doors in Newmarket.

This Newmarket location will be operated by Adam Waszczylo, CHCP[®]. This will be Mr. Waszczylo's second Correactology[®] Center.

This Correactology[®] Center will be open every Wednesday from 10am until 7pm and every other Saturday from 8am until 1pm starting on January 16th.

Call 905-235-9355 to book your appointment today.



The new Correactology[®] Center is located at:
16610 Bayview Ave.
Unit 208
Newmarket, ON
905-235-9355

**SUDBURY
(MAIN CENTER)**

705-525-7721

**ROUYN-
NORANDA, QC**

819-762-6161

CORREACTOLOGY[®] CENTER LOCATIONS

BARRIE

705-725-9000

OAKVILLE

289-837-0606

GUELPH

519-763-2345

SAULT STE. MARIE

705-949-2855

NEWMARKET

****new location****

905-235-9355

STURGEON FALLS

705-223-2222

MILTON

905-864-9611

TIMMINS

705-360-1116

VAL CARON

705-897-1811

VISIT WWW.CORREACTOLOGY.COM FOR SPECIFIC CENTER LOCATIONS



January is Alzheimer's Awareness Month!

The month of January is Canada's National Alzheimer's Awareness Month. Alzheimer's disease is a type of dementia that causes problems with memory, thinking and behavior. This disease is the most common form of dementia and worsens with time. Currently, there are 747 000 Canadians living with Alzheimer's or a form of dementia and this number is said to increase in the coming years. Alzheimer's has no cure but treatments for symptoms are available. Research is being completed worldwide in attempts to understand and better treat this disease. Be on the lookout for events and initiatives this month to spread awareness in your community!

New Years Trivia!

1. What percentage of people make New Year's resolutions?
a. 10 b. 25 c. 40 d. 60
2. A Spanish ritual is to eat 12 of these at midnight:
a. Grapes b. Apples c. Berries d. Watermelons
3. What is the current "ball" in New York made out of?
a. Metal b. Wood c. Crystal d. Foam
4. What does the popular "Auld Lang Syne" song's title mean?
a. Happy New Year b. Love for everyone c. Old man's sigh d. Times gone by
5. What percentage of people actually complete their New Year's resolutions?
a. 0 b. 8 c. 12 d. 20

Canadian Institute of Correactology:

New Year's Resolutions from third year Correactology® Practitioner Program students!

"Take more time to enjoy the 'small things' in life, as those often end up being the 'big things' that we take for granted."

"To try to live life one day at a time, to not lose sleep over the little things, and to enjoy each and every moment."

"To do more yoga/meditate more regularly."

"To actually make the time to take care of 'me'"

"To pay more attention to what I am eating and cut out those which I shouldn't be..."

"To bring back date night."

"To try new recipes and cook more at home rather than getting take-out."

JANUARY HOROSCOPES



CAPRICORN (DECEMBER 22-JANUARY 19) – You do not always need to do everything yourself. Seeking a professional for health, business, or personal reasons may be very beneficial.



AQUARIUS (JANUARY 20-FEBRUARY 18) – Though you may have the best intentions, you tend to act very compulsively. Power struggles are very possible at this time. Take time to reflect.



PISCES (FEBRUARY 19-MARCH 20) – The daily structure of your life and work is often taken for granted and so can fall into disrepair. Take this time to reinvent the ordinary.



ARIES (MARCH 21-APRIL 19) – Travel, communicating, and other social connections are emphasized for you now. Try to repair breakdowns or weaknesses in these chains to fully satisfy your inner need of bonding.



TAURUS (APRIL 20-MAY 20) – An instinctive urge to get serious about taking care of yourself is emphasized now. Listen to what your body needs.



GEMINI (MAY 21-JUNE 21) – Take this time to finally sit down and discuss what it is that concerns you. You'll be surprised at the outcomes.



CANCER (JUNE 22-JULY 22) – You may find yourself at your most imaginative when it comes to notions and thoughts. Make sure you fully think your ideas through before beginning.



LEO (JULY 23-AUGUST 22) – Your desire for success and recognition is growing at this time and it will drive you to make changes that you will enjoy in the near future.



VIRGO (AUGUST 23-SEPTEMBER 22) – Your focus is on feelings not money at this time. Friendship is of the utmost important to you and not possessions.



LIBRA (SEPTEMBER 23-OCTOBER 22) – You are likely to distance yourself from others now. There is no harm in withdrawing and reflecting for the time being.



SCORPIO (OCTOBER 23-NOVEMBER 21) – Idealism and slight detachment is the theme of the cycle that you are now entering. Don't push yourself into something that makes you uncomfortable.



SAGITTARIUS (NOVEMBER 22-DECEMBER 21) – This is not a time for embarrassment. Embrace your individuality and accept your flaws for what they are. Compliments are made to be accepted.



YEAR OF THE MONKEY

Would you like to share your story? See your Patient Services Coordinator to find out how

TRIVIA: 1. C.40% 2. A. Grapes 3. C. Crystal 4. D. Times gone by 5. B. 8