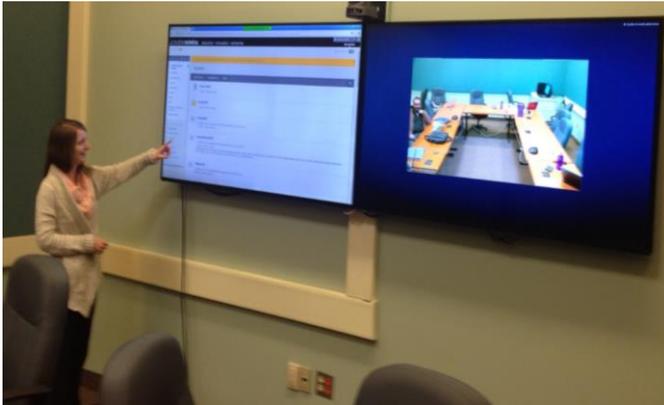




CORRGAZETTE

CLASS OF 2020!

Correactology® Practitioner Program students start year one!



The above photo is from one of the first Correactology® classes with Alannah Luttrell addressing the class.

Tuesday, January 19, 2016, marks the first day of classes for the Canadian Institute of Correactology’s fourth class of future practitioners. The CIC has partnered with Collège Boréal in Sudbury, ON, for the delivery of the Correactology® Practitioner Program.

On Tuesday the students began their studies in human anatomy and physiology taught by Laurentian University graduate Alannah Luttrell. Ms. Luttrell is very excited that classes have begun and is “looking forward to a great semester.”

The Canadian Institute of Correactology is excited to welcome all of the new students to the Correactology® community. For more information about admission requirements or the admission process please visit our website: www.correactology.com. For a copy of the Student Handbook, or any other further questions, please e-mail fc@collegeboreal.com or information@correactology.com.

WELLNESS EXPO:

Correactology® Health Care attended the first annual Health and Wellness Expo!



Luciano Ingriselli, CHCP®, presenting Correactology® Health Care at the Health and Wellness Expo in Sault Ste. Marie.

Correactology® Practitioner Luciano Ingriselli was pleased to attend the first annual Health and Wellness Expo on the weekend of January 16-17 in Sault Ste. Marie. The Expo was put on by the Sault Ste. Marie Chamber of Commerce and had a few hundred attendees.

The Expo had information booths set up for a variety of alternative and non-alternative health care modalities. The Chamber of Commerce committee that created the expo felt that it was of utmost importance to highlight and showcase all of the health and wellness products and services in the community and Correactology® Health Care was honoured and eager to participate.

Correactology® Health Care was the newest modality at the expo but that did not deter from its popularity. Luciano Ingriselli, CHCP®, expressed excitement and felt as though the expo was a big success, with many people becoming intrigued about his Correactology® Centre as well as the Correactology® Practitioner Program. Congratulations Luciano!

CORREACTOLOGY® CENTER LOCATIONS

SUDBURY
(MAIN CENTER)

705-525-7721

ROUYN-
NORANDA, QC

819-762-6161

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



Healthy Hearts for Valentine's Day:

Valentine's Day is upon us again this year! It is that time of year when pink and red take over and paper hearts are seen virtually everywhere. However here are some healthy activities that you can do all month to take care of your own heart courtesy of the Heart and Stroke Foundation:

- Bowling
- Dancing
- Mall Walking
- Skiing
- Tobogganing
- Weight Lifting
- Snow Shoeing
- Ice Skating
- Hockey
- Snowboarding
- Yoga
- Sledding

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February 2nd is Groundhog Day!

Will there be an early spring or a longer winter? It kind of feels like winter just started but Groundhog Day is already upon us. It is said that if the groundhog sees his shadow on a sunny day he will retreat into his burrow and we will be stuck with 6 more weeks of winter. Groundhog Day originated as a Pennsylvania German custom in southeastern and central Pennsylvania in the 18th century with a badger or a bear as the predictors. It is interesting to note that the first day of spring is not until the end of March but hopes for an early spring are common to many. Although the original Wiarton Willie died, Groundhog Day celebrations continue each year in Ontario with his successors who are also names Wiarton Willie.



51st Anniversary of the Canadian Flag

The Canadian flag was raised for the first time on Parliament Hill on February 15, 1965. The flag is seen as an important symbol of Canadian identity. Creating a national flag was seen as a priority after World War II because the 1967 centennial celebration was approaching. After considering thousands of proposals for flag designs submitted by Canadians across the country, the official committee chose three final designs, all proudly proclaiming the maple leaf which at the time had become an unofficial Canadian emblem. The red and white were chosen to represent Canada's official national colours.

FEBRUARY HOROSCOPES

-  **AQUARIUS (JANUARY 20-FEBRUARY 18)** – Your ambition and drive to succeed are incredibly strong now. You have the desire and energy to achieve your goals. Go for it.
-  **PISCES (FEBRUARY 19-MARCH 20)** – You may find that you are currently facing many unexpected obstacles. Although it is trying your patience be persistent and do not give up.
-  **ARIES (MARCH 21-APRIL 19)** – The world may appear to be challenging and opposing your dreams and ideals. This rough patch may last the month but should pass in the new future.
-  **TAURUS (APRIL 20-MAY 20)** – Your home activities will strongly impact your daily routine at this time. Opinions or conversations with those that you live with is likely to produce conflict. Try your best to not let your private matters interfere with your well-being.
-  **GEMINI (MAY 21-JUNE 21)** – Organization is at the forefront now. It is a great time to start a new project that is of a special interest.
-  **CANCER (JUNE 22-JULY 22)** – Try to get out as much as possible; there are significant opportunities to make connections for you at this time. Chance encounters may be highly profitable.
-  **LEO (JULY 23-AUGUST 22)** – Off the wall and original ideas excite you this month. It is best to seek out people who will offer a unique way of looking at things. Expect many breaks in your routine this month.
-  **VIRGO (AUGUST 23-SEPTEMBER 22)** – If someone's attitudes have been bringing you down, it is time to have a suitable confrontation that will put you both in a more comfortable position.
-  **LIBRA (SEPTEMBER 23-OCTOBER 22)** – It is best to avoid any negativity that you may encounter this month. It is not the time for negative energy in your life.
-  **SCORPIO (OCTOBER 23-NOVEMBER 21)** – Be wary of any romantic decisions at this time. It is best to wait a few weeks and re-evaluate.
-  **SAGITTARIUS (NOVEMBER 22-DECEMBER 21)** – Being strong doesn't mean that you can't be sensitive as well. Be aware of your feelings to avoid any future struggles coming your way.
-  **CAPRICORN (DECEMBER 22-JANUARY 19)** – You may feel mentally restless at this time. Taking a drive, relaxing, or planning a vacation may be beneficial.

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