



# CORRGAZETTE

**CORREACTOLOGY® WILL  
BE PRESENT AT THE  
OAKVILLE WHOLISTIC  
WELLNESS EXPO!**



Correactology® Health Care Group Inc. is excited to announce that they will be participating in Oakville’s annual Wholistic Wellness Expo on November 26<sup>th</sup>. There will be over 85 local and surrounding area practitioners, doctors, and vendors that provide a wide range of wholistic health.

Tickets are available for \$25 in advance and can be purchased from the Oakville, Milton, and Guelph Correactology® Centers, or they can be purchased for \$30 at the door. Come on out to support your local Correactology® Practitioners, Julie Bédard CHCP®, Jenny Davidson CHCP®, Allan Lapointe CHCP®, and Michael Lapointe CHCP® on Saturday, November 26<sup>th</sup>, at the Joseph Ukrainian Catholic Church located at 300 River Oaks Blvd. in East Oakville. This Expo aims to create a “harmonious community or learning and healing” within Oakville and its surrounding areas.

*For more details please visit:*

*<http://www.wholisticwellnesscommunities.com/oakville>*

**NOVEMBER IS MOVEMBER!**

It is that time of year again where men around the world start to raise money and grow moustaches in support of men’s health. The Movember Foundation supports innovative research and endorses health promotion for a variety of health issues faced by men, including: prostate cancer, testicular cancer, mental health, and suicide prevention. Their goal is that by 2030, the number of men dying prematurely from these causes be reduced by 25%. In the last 13 years, the Movember Foundation has helped fund more than 1200 men’s health projects and each November more than 5 million moustaches are proudly worn around the world. Keep an eye on your male Practitioners to see if they are sporting any unusual facial hair this month.



**CORREACTOLOGY® CENTER LOCATIONS**

**BLIND RIVER**

705-847-4411

**SAULT STE. MARIE**

705-949-2855

**GUELPH**

519-763-2345

**BARRIE**

705-725-9000

**OAKVILLE**

289-837-0606

**SUDBURY**

(MAIN CENTER)

705-525-7721

**NEWMARKET**

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\*\***



## TONGUE TWISTERS!

*Did you know??*

- National Tongue Twister Day is on November 8<sup>th</sup>?
- Most languages, including sign language, have their very own tongue twisters?
- In sign language, tongue twisters are commonly called ‘finger fumblers’?”
- That the popular tongue twister, “she sells sea-shells on the sea-shore,” actually comes from a British songwriter and is based on the life of a real person who would wander the beaches looking for fossils?
- Children across the world use tongue twisters as a form of word games where teachers and parents use them for fun ways to teach pronunciation?
- It is said that the most difficult tongue twister in the English language is “sixth sick sheik’s sixth sheep’s sick.”

*What is your favorite??*

- I saw a kitten eating chicken in the kitchen.
- Nine nice night nurses nursing nicely.
- How much wood would a woodchuck chuck if a woodchuck could chuck wood?
- Betty Botter bought some butter but she said the butter’s bitter. If I put it in my batter, it will make my batter bitter. But a bit of better butter will make my batter better.
- I wish to wish the wish you wish to wish, but if you wish to wish the witch’s wishes, I won’t wish the wish you wish to wish.

## WINTER HEALTH TIPS



“Let’s keep everyone healthy over the holidays. Plenty of sunscreen for the snowmen, diabetes testing for the sugarplum fairies, a gluten-free diet for the gingerbread man, and lets put up a basketball hoop for the elves!”

The snow is starting to fall, the weather is getting colder, and holiday parties full of unhealthy food are upon us. It is this time of year when we have to start taking alternate health and safety precautions. Here are some health tips for this upcoming season:

- The days are getting shorter and the nights longer. You can increase your vitamin D by decreasing your cholesterol intake, eating fatty fish, and exercising.
- You may have to make more of an effort to be active as you cannot simply go for a walk anymore. Try going to a local yoga studio, or gym. If you are heading outdoors for physical activity, be sure to check the weather and dress appropriately.
- Make sure you are driving according to the conditions. The number of car accidents increases in the winter.
- You no longer have your garden, so make sure that you are getting all of your servings of fruits and vegetables each day.
- Don’t forget about sun screen, especially if you’re hitting the slopes!

*Correactology® testimonials are provided strictly by our patients. They are the real stories and accounts of people who have had success through Correactology® treatments. These stories get published in the Corrgazette and also get put on our website. This increases awareness to other patients as to what Correactology® treatments can do. For everyone who has shared your personal stories with us we wanted to take this opportunity to thank you. Everyone involved with Correactology® Health Care is proud to be a part of your health journey. If you or someone you know has a success story or anything that they would like to share about their experience with Correactology® please do not hesitate, we would love to hear from you! Talk to your Correactology® Practitioner or Patient Services Coordinator today to find out how!*