



THE CORRGAZETTE

SUMMER EDITION!

ARE YOU TRAVELLING THIS SUMMER?

School is out and summer is upon us. For many of us that means trips to the beach, playgrounds, or even further across the country for pleasure or to visit family. While the summer provides many opportunities for new activities, it also creates new dangers with regards to summer health and safety.

Please keep in mind that if you are travelling out of the city and would like to continue your Correactology® treatments you can, by simply visiting one of the Correactology® Centers listed below.

Here are some Summer Health and Safety tips from the CHCG Inc:

- Watch out for bug bites and stings. Use bug spray with DEET and try to avoid scented soaps and perfumes.
- Fireworks can be very dangerous and should be monitored by professionals. Fireworks in your backyard can lead to burns, fires, and blindness.
- Always wear a helmet on motorized off-road vehicles and bicycles. Helmets protect you and your children from serious injuries.
- Trampolines should always be supervised by an adult.
- Watch out for children playing on and/or near roads.
- Air born allergies are in full swing. Watch for signs of allergic reactions (ie. runny nose, red itchy eyes, itchy palate etc.)
- Use sun screen and exercise sun safety at all times. Whenever possible try to schedule outdoor events in the early morning or evening when the risk for sunburns is lower.
- Anyone showing signs of heat stroke (nausea, not sweating, altered mental state etc.) should seek medical attention immediately.



CANADA CELEBRATES ITS 149TH CANADA DAY!

People all over the country will come together and celebrate Canada Day on July 1st. This year is Canada's 149th birthday. And how do most cities celebrate this iconic day? Fireworks. It is uncertain how fireworks were first discovered; however, we do know that they were invented in China between 200BC and 900AD. Fireworks have largely been used worldwide to mark important celebrations ever since.

Originally fireworks were made only of sulphur, saltpetre, and charcoal. In 1830 Italy altered them forever by adding colour by burning different metallic powders like calcium (orange), sodium (yellow), and barium (green).

In 2014, Dubai set the Guinness World record for the world's largest fireworks display on New Year's Eve. The show included 400 000 fireworks. Fireworks remain to this day a show loved by all ages and are a cause for celebration all around the world.

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



National Drowning Prevention Week!

The third week of July is National Drowning Prevention Week! Where swimming is a great form of exercise and an easy escape from the summer heat, drowning affects all ages and is one of the leading causes of death for children under 14. This summer head to your local YMCA or Community Center as they offer swimming lessons for all ages and skill levels. You are never too old to learn how to swim. The Canadian Red Cross also encourages families to teach children that they must ALWAYS ask permission to go near water, and stress the importance of never swimming alone. Have fun this summer, enjoy the water, but stay safe; drowning can happen in as little as two minutes.

Canadian Trivia!

- In what year did Canada become a new federation by signing the Constitution Act?
a. 1967 b. 1900 c. 1801 d. 1867
- What approximate percentage of Canada is occupied by forest?
a. 6 b. 30 c. 27 d. 50
- Which comic book character is Canadian?
a. Spiderman b. The Hulk c. Wolverine d. Cat Woman
- How many Prime Ministers has Canada had?
a. 95 b. 17 c. 23 d. 44
- What percentage of the world's Maple Syrup is produced in Canada?
a. 77 b. 100 c. 22 d. 91

Did you keep your New Year's Resolution?

According to statistics only 8% of people actually keep their New Year's resolution. Now that it is July we are more than half way through the year. How is your resolution going? Are you in the 8% that has stuck to it all year long? If not that is okay too!

Here are some tips to keep you on track or for starting over:

- It is NEVER too late to start. You don't have to wait until January to try again. Why not restart your resolution in August or September?
- Set smaller goals for yourself. Committing to a meal plan that cuts out all sugars cold turkey is likely hard to accomplish. Perhaps you should try something smaller, like simply "Eating Better" and gradually work toward cutting out all sugars.
- Make sure whatever you do you're doing it for YOU. Your goals need to be your own. What you need is different from everyone else. Do whatever makes you the happiest in your own skin.

CORREACTOLOGY® HEALTH CARE PRESENT AT HOLISTIC HEALING FAIR

Early Harvest Holistic Healing Fair

Free Admission Coupon

Holiday Inn
1696 Regent St
Sat Aug. 13
10am - 6pm
Sun Aug. 14
10am - 4pm



Featuring:
Local Artists
Practitioners
Readings
40+ Vendors
Healers
& Much More!

Correactology® Health Care Group Inc. is excited to announce that they will be participating in Sudbury's Early Harvest Holistic Healing Fair! The Holistic Healing Fairs were created to educate and inspire the local community to become more conscious of their daily habits. A place where everyone is welcome, judgement free.

The fair will be focusing on the universal phenomenon of healing and more specifically on mental health awareness. If you are interested in attending, come on out and support your local Correactology® Practitioners. The aims of the fair is to make the world a better place through community, health, and healing.

The fair is taking place Saturday, August 13, from 10-6 and Sunday, August 14, from 10-4 at the Holiday Inn on Regent Street in Sudbury, Ontario. Admission is \$3 at the door and only \$2 for the first 100 people. The creators of the event urge you to "come spend the weekend with us sharing helpful ideas, try something different!"

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