



# THE CORRGAZETTE

IS CELEBRATING THE

# 150<sup>th</sup> CANADA DAY!

## HOW WELL DO YOU KNOW CANADA?

- Which country once had polar bear shaped license plates?  
a) Ontario b) Yukon c) Nunavut d) None
- What approximate percentage of Canada is occupied by forest?  
a) 6 b) 30 c) 27 d) 50
- In which city is the world's deepest underground lab located?  
a) Vancouver b) Ottawa c) Calgary d.) Sudbury
- Which sport is argued to not be created by a Canadian?  
a) Hockey b) Lacrosse c) 5 Pin Bowling d) Basketball
- In what year did Canada become a new federation by signing the Constitution Act?  
a) 1967 b) 1900 c) 1801 d) 1867
- A Canadian holds the record for the World's Longest \_\_\_?  
a) Song b) Beard c) Nails d) Yodel
- Which of the following was not created in Canada?  
a) Pablum b) Wonderbra c) Blackberry d) Stop Sign



Self-care can mean many different things. Taking care of yourself requires you to take time for yourself and do what is best for you; your mind, body, soul, and wellbeing. In health care, 'self-care' is generally referred to as preventative medicine. July 24<sup>th</sup> creates the opportunity to raise awareness of various healthy lifestyle self-care programs around the world. The International Self-Care Day held on July 24 symbolizes the benefits of self-care 7 days a week, 24 hours a day. The benefits of self-care last a lifetime and can have an abundance of benefits to your over all health. Talk to your Correactology® Health Care Practitioner today about creating a preventative self-care treatment plan specific to your body; to your individual health needs. And remember:

*Love yourself! You deserve it!*



## CORREACTOLOGY® CENTER LOCATIONS

<b>BLIND RIVER</b> 705-847-4411	<b>BARRIE</b> 705-725-9000	<b>SUDBURY (MAIN CENTER)</b> 705-525-7721	<b>NEWMARKET</b> 905-235-9355	<b>MILTON</b> 905-864-9611
<b>SAULT STE. MARIE</b> 705-949-2855	<b>OAKVILLE</b> 289-837-0606		<b>STURGEON FALLS</b> 705-223-2222	<b>TIMMINS</b> 705-360-1116
<b>GUELPH &amp; ST. JACOBS</b> 519-763-2345	<b>**VISIT WWW.CORREACTOLOGY.COM FOR SPECIFIC CENTER LOCATIONS**</b>			<b>VAL CARON</b> 705-897-1811

