



# CORRGAZETTE

## CORREACTOLOGY® PRESENT AT VALLEY EAST DAYS!

Val Caron’s Correactology® Health Care Practitioner, Nicole Fredette, CHCP® is excited to announce that Correactology® Health Care will be present at Valley East Days this September. This is the 42<sup>nd</sup> annual Valley East Days and the event will feature multiple local businesses, health initiatives, and community involvement. Nicole has been an active member of the Valley East community for quite some time and is extremely proud that Correactology® is a sponsor of this community event.

*This fair will be taking place **Friday, September 8 to Sunday, September 10 at the Hanmer Valley Shopping Center.** This is a family friendly event with numerous activities, live music, a petting zoo and more.*

Come out and join your local Correactology® Practitioner, Nicole Fredette, CHCP® as she supports her community and spreads awareness about Correactology® Health Care and all it has to offer!

*For more information on this event please view their Facebook page or visit: [www.valleyeastdays.com](http://www.valleyeastdays.com)*



**ALL KIDS ACTIVITIES AT VALLEY EAST DAYS ARE FREE!!!**

## SEPTEMBER MEANS BACK TO SCHOOL!

September is a month of changing schedules; no more sleeping in, school busses, after school care, extra curricular activities, and sports events. During this time, it is easy to feel stressed with the change in schedule and routine. Eat well, drink lots of water, exercise, and get lots of sleep. To avoid falling victim to the cold and flu season, visit a Correactology® Center near you. Talk to your Correactology® Health Care Practitioner about preventative health care and contagious ailments your child may face this school year.

Here are some back to school health and safety tips:

- Be attentive and watchful of the flashing lights of busses while driving.
- Start daily routines (wake and sleep times) a week or two earlier to prepare children for their first day of school.
- Remind your children to look both ways before crossing the road.
- Teach your children to treat others with respect and kindness.
- Remind your children that being bullied or bullying is not acceptable.
- Learning disabilities can be challenging for a child. Talk to your child’s teacher or the school’s administration for different learning strategies.

*For more information on school health and safety please visit: <http://www.healthychildren.org>*



## CORREACTOLOGY® CENTER LOCATIONS

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



## INTERNATIONAL DAY OF PEACE

In 1981 the International Day of Peace was created. Twenty years later the United Nations General Assembly unanimously voted that this day of peace was to be a period of non-violence and cease fire. This year, Thursday, September 21, the United Nations encourages everyone to take part in the global event. This day serves as a beacon, igniting a conversation about the benefits of nations, religions, cultures, coming together, and reminding everyone of their common humanity.

*“Discrimination diminishes us all. It prevents people – and societies – from achieving their full potential. Together, let us stand up against bigotry and for human rights. Together, let us build bridges. Together, let us transform fear into hope.” – United Nations Secretary-General, Antonia Guterres*

For more information please visit: [www.un.org/en/events/peaceday/](http://www.un.org/en/events/peaceday/).

## ANNOUNCEMENTS:

- September marks the two-year anniversary of the Oakville and Sault Ste. Marie Correactology® Centers. Congratulations to all Correactology® Health Care Practitioners who contributed to providing the communities with excellent Correactology® Health Care services.

## TERRY FOX RUN

This year the Terry Fox Run will be held on Sunday, September 17. This event is held in numerous regions around the world to commemorate the Canadian Cancer activist, Terry Fox. For more information on the Marathon of Hope, or to join a run in your area go to [terryfox.org](http://terryfox.org) for more information.

## LAST MONTH AS STUDENTS!

Our patients may have noticed new faces in our Correactology® Centers over the last few months. Students from the Canadian Institute of Correactology have successfully completed the final component of the CIC Practitioner Program which included observation and preceptorship. These students bring impressive qualifications, strengths, and abilities to the Correactology® Health Care team. After four years of hard work and dedication, the students have nearly completed their theoretical and practical studies and are eager to start practicing as Correactology® Health Care Practitioners. We wish the students “all the best” as they complete their Board Exams this month!



Stay tuned-for upcoming news, events, graduation announcements, and new Correactology® Center locations/grand openings in future editions of the **Corrgazette**. We have a busy fall coming up and can't wait to share it with you!

## ***DID YOU KNOW...***

- *A new study suggests that a lack of exercise is causing as many deaths worldwide as smoking?*
- *Apples are more likely to wake you up and make you feel alert than a cup of coffee?*
- *A study was conducted to show that it is possible to train dogs to literally sniff-out cancer? Dogs were trained to identify patients who had lung cancer by smelling their breath.*
- *Like fingerprints, everyone's tongue print is unique?*
- *It has been rumoured that a person will die from lack of sleep much quicker than they would from starvation.*
- *Stress complicates approximately 90% of all diseases and has been known to stunt growth?*
- *When you sneeze, your heart will change its regular beating pattern?*
- *It is argued that there are a few universal facial expressions, including: happiness, fear, anger, sadness, disgust, and shock. Can you think of any more?*

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