



Your feedback as a patient is of utmost importance to us.

Write us a review and be entered to **win a \$60 credit** usable towards any treatment!

terms and conditions apply

Congratulations to our February 2020 winner:
William Sue

How was your visit?

Click the button above to let us know how we did!
If your name is drawn, we will contact you via email.

Contact us for more information or if you would like to speak to our practitioners at:

- [Unionville Health Centre: 905-475-8386](tel:905-475-8386)
- [Northville Rehabilitation Centre: 905-534-8666](tel:905-534-8666)

Email: info@unionvillehealthcentre.com | info@northvillerehab.com

Website: www.unionvillehealthcentre.com | www.northvillerehab.com

February 2020 Promotion
give your loved ones the gift of health



Family members or spouses referred by existing patients get a **complimentary initial assessment (\$100 value)!**
chiropractic or physiotherapy only.

*terms and conditions apply

Back pain - could it be the snow?



SORE BACK?

Does your back hurt after shovelling snow?

The following **improper** techniques may be why:

- rounded back
- lifting snow too heavy
- improper footwear





During the next heavy snow fall, try the following techniques

1. Bend low at the knees
2. Scoop and lift upwards with your legs, NOT YOUR BACK!
3. Turn or pivot sideways without moving your back. You want to make sure your toes are pointed in the same direction that you're tossing the snow

If you're experiencing any back pain, you may benefit from seeing a **chiropractor or physiotherapist.**

Call the clinic to book in an appointment today!

ULTIMATE GLUCOSAMINE



Helps relieve joint pain associated with osteoarthritis!

Contains 100% N-acetylglucosamine a major component of the substance that acts as a lubricant in joints

- growth and repair of joint cartilage
- joint damage repair in osteoarthritis
- anti-inflammation properties

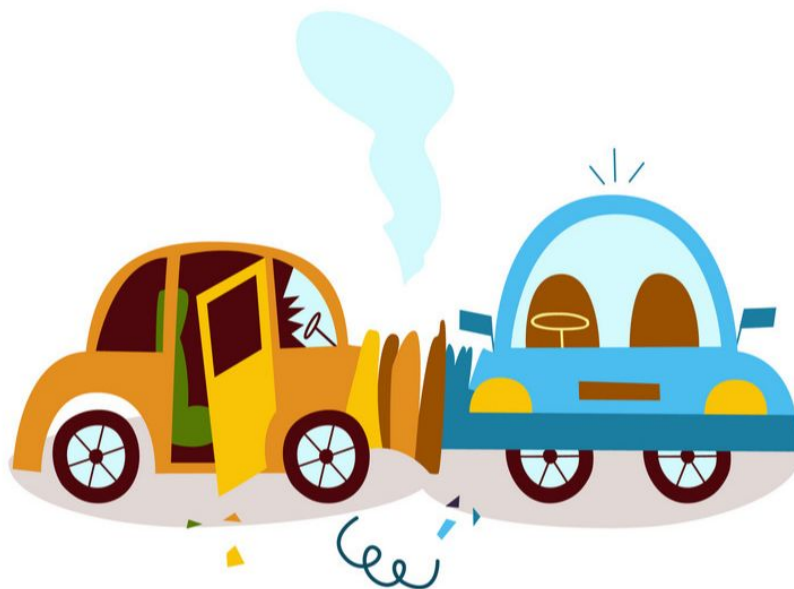
**AVAILABLE AT UNIONVILLE OR NORTHVILLE
ONLY \$29.95 + HST!**

Contact us for more information or to grab a brochure about *Ultimate Glucosamine!*

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Motor Vehicle Accidents (MVA) are terrible experiences for the mental and physical health. **Let us help you!**

Unionville Health Centre is licensed and has more than 30 years of experience who can directly deal with auto insurance companies regarding your treatment and care.

All of our offered services can be covered by your auto insurance and you are potentially eligible for up to \$3500 in treatments.

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