



BRIDGWATER
CHIROPRACTIC



Slowing down into Fall: Time to Gather & Reflect

The fall season has always been one of my favorite times of the year. It is a month full of potential & hope, as well as a time for nostalgia and closure.

We have felt the hope and anticipation of the new school year - new shoes, new teachers, new schedules. But we have also felt the the summer coming to its inevitable end, with the crisp mornings reminding us to open up the storage boxes of sweaters & mittens.

I take this time to reflect upon my work & feedback graciously provided, making the changes where needed to continue to be able to serve my community with integrity and authenticity. Expanded Office Hours & Increased Online Resources are the big updates recently. Scroll down for more information!

I hope you are as happy about the changes as I have been.

With Smiles & Sunshine ~ Dr. Anne

Expanded Office Hours

Available appointment times have expanded to include **Tuesday evenings until 7pm** and **Friday mornings starting at 8am**. Take a look at **the website** for updated hours

Online Resources

Enjoy some online reading about a variety of topics, from my family favorite **Banana pancake recipe** (It's my family's favorite weekend breakfast!) or tips about **revitalizing your routine this fall** to improve your focus & activity.

Make sure you follow me on **Facebook** and/or **Instagram**

Take a look at the **education links** on the website, or **reading recommendations** if you feel you want to expand your knowledge.



Book Your Next Appointment Now!



Dr. Anne Stacey & colleagues acknowledges we are on Treaty No. 1 land, the ancestral lands of the Anishinaabeg and Ininiwak. These lands are the unceded territories of the Dakota, and the homeland of the Métis Nation. We are committed to reflecting the continued legacy of all the original peoples of this province, including the Ithiniwak, Denesuline, Anishininiwak, Inuit, and Nakota. We acknowledge the harms of the past, are committed to improving relationships

in the spirit of reconciliation, and appreciate the opportunity to live and learn on these traditional lands in mutual respect.

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