

Pivotal Wellness Newsletter

Pivotal Party!

Save the date of Wednesday, December 2nd

We will be celebrating 8 exceptional years of serving Northern Colorado and we have our wonderful Pivotal family to thank for our continued success!

As an expression of our gratitude, we will be holding a **GRAND PRIZE GIVE AWAY** to hear more on this incredible opportunity, please pick up an information sheet at the front desk.

In addition, we will be giving away several other discounts on December 2nd!

- Free Orthotic Screening
- 15% off Orthotics Order
- Wheel of Wellness Prizes-WIN INSTANTLY!
- Free Chair Massage

COME JOIN THE FUN AND BRING A GUEST!

Pivotal Wellness
 5131 S. College Ave Suite B
 Fort Collins, CO 80525
 970.266.0003
 970.266.8077 fax
www.PivotalWellness.com

Do you have a **flex account** that expires at the end of the year? Why not put it towards services, such as chiropractic, massage, or acupuncture and end your year with more energy, vitality, and wellbeing? You don't have to enter the New Year with those nagging symptoms!

The Doctor's Out!!!

Dr. Alan	Nov. 25th-30th (till the PM shift)
Dr. Brian	Nov. 26th-Nov. 28th
Dr. Cathy	Nov. 26th-Nov. 28th

Hot stone therapy is a style of massage in which water- treated stones are place at specific sites on the body to promote relaxation and to help open the meridians (energy pathways). The stones are also used as a tool for massage in which the heat releases into the body to ease muscular tension and aid the healing of the muscles.


The benefits of Hot Stone Massage

- *promotes deep muscle and tissue relaxation
- *alleviates stress
- *releases toxins
- *relieves pain
- *improves circulation
- *calms the psyche

Health Conditions Treated with Hot Stone Massage

- *muscular aches and pains
- *MS
- *Fibromyalgia
- *stress and anxiety
- *circulatory problems
- *depression

Don't forget that hot stone massage also feels amazing especially in the cold winter months!

<u>NOVEMBER</u>	<u>2009</u>					1
1	2	3	4	5	6	7
8	9	10	11 Veterans Day	12	13	14
15	16	17	18	19	20	21
22	23	24	25 <i>Dr. Alan Gone</i>	26 CLOSED 	27 CLOSED	28 CLOSED
	29 <i>Dr. Alan gone till PM30</i>					