



# *Richmond Chiropractic's Christmas Newsletter 2009!!!*



## *Christmas hours*

Wed Dec 23 8am-11am (Dr. Laroiya) & 12pm-4pm (Dr. Betts)

Tues Dec 29 3pm-7pm (Dr. Sembrat)

Sat Jan 2 - 10am-1pm (Dr. Sembrat)

## *Breaking News! Clinic Open Mondays☺ (but closed on Sat)*

Dr. Betts to work mornings and afternoons

The modified hours starting January 4<sup>th</sup> 2010 are as follows:

	<b>Mornings</b>	<b>Afternoons</b>
Monday	Closed	Dr. Betts 2pm-6pm
Tuesday	Dr. Betts 8am-11am	Dr. Betts 2pm-6pm
Wednesday	Dr. Betts 8am-11am	Dr. Betts 2pm-6pm
Thursday	Closed	Dr. Betts 2pm-6pm
Friday	Dr. Betts 8am-11am	Dr. Betts 12pm-3pm

After a very rewarding relationship spanning over a decade, Dr. Betts and Dr. Laroiya have decided to transition into their own respective clinics full time. Although it was not an easy decision, it made the most sense for their young families.

To ensure a smooth transition, Dr. Laroiya will be updating Dr. Betts on all patients and he will return for two final clinic days on **Wednesday, January 20<sup>th</sup> from 8am – 11am** and **Friday, January 22<sup>nd</sup> from 8am – 11 am.**



## **Patient Appreciation Week – Jan 4<sup>th</sup>-8<sup>th</sup>!!!**

Every Chiropractic patient who receives care during the first week of January will receive a **'Healthy Care Package!!!'** This is a small token of appreciation to our patients for their friendship and loyalty over the last decade!!!  
**(Max 1 per person)**



## Active Release Techniques (A.R.T.)

*Dr. Betts* is now able to offer A.R.T. Therapy to assist with those difficult cases. It is a movement based massage technique that treats muscles, tendons, ligaments and nerves involved with:

*Headaches*

*Back Pain*

*Sciatica*

*Shoulder Pain /Rotator Cuff*

*Hip and Knee pain*

*Weakness/Numbness in arms/legs*

These conditions usually have one thing in common: **overused muscles**. And that is where Dr. Betts can help! Treatments are usually paired with a chiropractic adjustment and last 15 minutes. Call us for more details!

## Foot Orthotics



**Dr. Betts** can provide custom foot orthotics for his Chiropractic patients. After a thorough spinal, foot and gait analysis, a foam cast of each foot is made and then sent off for computer analysis.

We are able to provide specialized orthotics for all types of sport footwear, work boots, high-heeled shoes and more. We can also have your custom orthotics built into a shoe or sandal. Our pricing is very competitive, and we offer 50% off your second pair. *Book your appointment today!*

## **\$10 off your next Acupuncture Treatment**

We are pleased to welcome *Dr. Lily Zhang* to our clinic. She is our new Traditional Chinese Medicine Doctor and Acupuncturist. Dr. Zhang is also a registered nurse and is working on her Masters in Nursing! She is providing care in the absence of Dr. Cathy Li who is currently on sabbatical in China furthering her studies.

Maximum one per person. Expires January 31, 2010