



Family Chiropractic Center
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Holidays 2008

2008 is rapidly drawing to a close (what a year this has been!) and I've been thinking about how we, I, everyone can improve their lives. The obvious ways are to stay active mentally and physically, eat a healthier diet, drink more water, get more sleep, simplify our lives. Sometimes the simplest and easiest ways are those we learned when very young. This thought process reminded me of a popular book written some year ago by Robert Fulgham, [Everything I Need to Know I Learned in Kindergarten](#). In this holiday newsletter, I would like to remind everyone that what we learned at a young age really does apply to our adult lives and that sometimes we forget to be kind and to look at the world with wonder.

Here is a list of things Robert Fulgham learned and reminds us of their importance in his book:

- Share everything
- Don't hit people
- Clean up your own mess
- Say you're sorry when you hurt somebody
- Wash your hands before you eat
- Warm cookies and cold milk are good for you
- Live a balanced life
- When you go out in the world, watch out for traffic, hold hands and stick together
- Be aware of wonder
- Goldfish and hamsters and white mice and even the little seed in the Styrofoam cup- they all die- and so do we
- Remember the Dick and Jane books and the first word you learned- LOOK
- Play fair
- Put things back where you found them
- Don't take things that aren't yours
- Flush
- Take a nap every afternoon

Take any of these items and extrapolate it into sophisticated adult terms and apply it to your family or work or government or world. It holds true and clear and firm. Let these items be our New Year's Resolutions.

If stress reduction and taking better care of yourself is part of your plan for 2009, consider what chiropractic and acupuncture can do to help you maintain proper alignment, physically and energetically. Both chiropractic and acupuncture can help you feel better, work better and enjoy life. Chiropractic is more than just a treatment for low back pain; many other joint and muscle conditions can be treated. In addition, acupuncture has been used for many years to treat conditions such as asthma, vertigo (dizziness), eye strain, muscle pain, PMS, menopause symptoms and digestive problems. Acupuncture has been around for centuries and has helped thousands of people...you could be next.

What's new at Family Chiropractic Center:

- Come visit our booth at the Whole Health Expo, January 31-February 1 at the Crown Plaza on Rt 372, Cromwell, CT. We'd love to see you there. This is a great expo with lots of interesting exhibitors and talks and a great way to spend an afternoon or the day.
- Dr. Weeks begins the 2nd semester of her acupuncture program at University of Bridgeport on January 12th. Many thanks to all of you who have adjusted appointments to meet her class schedules.
- We have a nice selection of Warm Whiskers animals; these make great gifts for not only the holidays, but also birthdays and Valentine's Day. Warm Whiskers animals can be put into the microwave and will provide soothing warmth for sore and tired necks, backs and muscles. Come in and take a look at our menagerie.

2009 will mark our 6th year in business. We appreciate your trust and patronage; many of you reading this newsletter have been patients from the very beginning and have referred friends and family. Referrals represent a high level of confidence and satisfaction with the services we provide and are also an important source of new patients to the practice. Thank you for your confidence.

Have a safe and happy holiday!

Dr. W

Acupuncture

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www.carolweeksdcc.com