



Larsen Family Chiropractic:  
A Creating Wellness  
Center



**February 2008** ♥

Please feel free to forward this to anyone that may find it interesting and beneficial – we invite anyone who would like to sign-up for the Creating Wellness Bulletin to email [info@docstacy.com](mailto:info@docstacy.com) and place 'subscribe CW newsletter' into the subject line.

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### **Focusing On...**

#### **My Wellness Space**

Creating Wellness headquarters out of New Jersey has recently developed a comprehensive section on their website [www.creatingwellness.com](http://www.creatingwellness.com) that has been uniquely designed to help people meet their wellness goals and needs. They are offering an introductory offer for **My Wellness Space** until mid March. The website allows you to access:

- Online CW Questionnaire for self evaluation.
- Sound Advice and Weekly Insights.
- Daily Snapshot – This provides suggestions for daily meals and activities including health tips.
- Meal Plan – includes a weekly series of healthy meals and a recipe library.
- Fitness Plan – schedules and catalogs both cardio and strength training.
- Logs and journals

If you are interested in My Wellness Space please [email Carol](#) and she would be happy to send out a more in-depth information sheet on what each section includes. As mentioned prior, people will receive free access until mid-March. If a person would like to continue having access it will be available for a nominal monthly charge after that

time. For existing Creating Wellness Members they will receive full access to My Wellness Space for the course of their program.

Follow these 5 simple steps to create your private password and begin your journey into Creating Wellness.

- Step 1        Go to [www.creatingwellness.com](http://www.creatingwellness.com)
- Step 2        Click on “**Wellness Member Login**” located in the upper right hand section of the web site.
- Step 3        Click on “Create Account”
- Step 4        Your Access Code is – **NY100008**
- Step 5        You’ll receive an email asking you to activate your account, click on the link you receive. You’re now ready to use your Creating Wellness “My Wellness Space”.

### [Info for Everyday Life](#)

#### **Vitalicious**

The amount of people who are grabbing breakfast on the run or eating at their desk is surging. For those unable to do their own baking Vitalicious baked goods have been created to bring the consumer the most nutritional benefits possible. Essential vitamins and minerals have been specifically chosen to help performance throughout the day. Founded in 1999, Vitalicious creates and sells a variety of unique, healthy, value-added baked goods under the VitaMuffin™, VitaTop™, VitaBrownie™, VitaCake™, and VitaMufin Mix™ trademarks. The products all freeze very well and are shipped from within Canada. [www.vitalicious.ca](http://www.vitalicious.ca)

#### **Not Motivated to Move? Get Competitive!**

It can become a challenge to remain excited about exercise week in and week out. Those that are blessed and actually like to workout can still fall victim to boredom and the need to set new goals. Other individuals who find exercise a bit of a chore can find it hard to maintain the willpower and commitment that inspired them to get moving in the first place. Time to switch things up!!

<http://fitlist.msnbc.msn.com/archive/2008/02/05/641043.aspx> Even if you find that you don't possess much of a competitive spirit against others you can still challenge yourself.

## Interesting Things and Things That Interest



Please also feel free to submit your recipes via email to [info@docstacy.com](mailto:info@docstacy.com)

### The Hub

We are a team.

Dr. Stacy Larsen (Doctor of Chiropractic-on sabbatical) [stacy@docstacy.com](mailto:stacy@docstacy.com)

Dr. Gord Standford (Doctor of Chiropractic) [drgord@docstacy.com](mailto:drgord@docstacy.com)

Carol Simpson (Wellness Coach) [carol@docstacy.com](mailto:carol@docstacy.com)

Kalynna Styba (Chiropractic Assistant) [kalynna@docstacy.com](mailto:kalynna@docstacy.com)

Brad MacLeod (Registered Massage Therapist)

The core of all we do is located in downtown Red Deer AB at #102 4706 48 Ave. (2 blocks south of City Hall and across the street from the Associate Clinic). You can reach us at 340.0278 or via email. Office hours are Monday, Wednesday and Friday 8-12:30 and 2-5:30, Tuesday 8-12:30 and Thursday 1-6:30.

**NOTE:**

**Dr. Gord will be available for chiropractic care these remaining days in February:**

**Tuesday Feb 19 (8-12:30 & 2-5:30)**

**Thursday Feb 21 (1-630)**

**Tuesday Feb 26 (8-12:30 & 2-5:30)**

**Thursday Feb 21 (1-630)**

**We will be sending out at email the end of the month for his available hours in March.**

**Please also note that the office will be closed on Monday, February 18/08 for Family Day.**

**“Love is just a word until someone comes along and gives it meaning.”**

**~Anonymous**

**2008 The Year for Renewal**

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