

Steps to Live Longer and Healthier

1. Practice conscious eating and chew your food well.
2. Leave the table before you are over full.
3. Drink plenty of pure water. (Body weight divided by 2 = # of ounces)
4. Emphasize Fruits and Vegetables. 8-10 servings per day.
5. Choose organic when possible.
6. Take care of your bowels with healthy bacteria such as acidophilus/bifidus.
7. Ensure adequate fiber by adding 2tbsp of milled flaxseed to your breakfast each day.
8. Allow time for a bowel movement every morning.
9. Exercise daily, exposing yourself to sunlight and fresh air.
10. Breathe deeply to reduce stress naturally.
11. Safeguard your sleep – keep regular bedtime schedule.
12. Sleep saying: "I sleep all night on my side or back with my arms down and I have the best sleep ever."
(Repeat 5 times at bedtime.)



Experience the Benefits of Monthly Chiropractic!

- ❖ This office does not accept Workplace Safety and Insurance Board Cases (WSIB)
- ❖ Patients are expected to pay for each service on the day it is rendered.
- ❖ We wish to provide service to each of our patients when they are in need and we would appreciate your cooperation in giving us **24 hours notice of cancellation of an appointment. Failure to notify our office may result in the total treatment fee being applied to your account.** Exceptions will be made for weather conditions and emergencies only.

WELCOME TO OUR OFFICE!

Chiropractic Care & Longevity Center

5 Gore St. W. Perth, ON K7H 2L5
TEL (613) 264-0616 FAX (613) 264-0224
www.chirolongevity.com
email: chirocare@primus.ca

Services Available:

- ❖ Chiropractic
- ❖ Massage
- ❖ Naturopathic Medicine
- ❖ InterX 5000 (Advanced Pain Relief Therapy)

Also Available:

- ❖ Customized Orthotics (Shoes, Sandals, Workboots)
- ❖ Nutritional Supplements
- ❖ Pillows
- ❖ Back Supports
- ❖ Gift Certificates
- ❖ Aromatherapy
- ❖ Electrolysis
- ❖ Waxing
- ❖ Pedicures

OFFICE HOURS

MONDAY OFFICE OPEN 9:00 A.M. – 8:00 P.M.		
CHIROPRACTIC:	9:00 a.m. – 1:00 p.m.	Dr. Karim Guirguis
	2:00 p.m. – 8:00 p.m.	Dr. Kathy Wickens
MASSAGE:	9:00 a.m. – 8:00 p.m.	Erin Dillon, RMT
TUESDAY OFFICE OPEN 8:00 A.M. – 7:00 P.M.		
CHIROPRACTIC:	8:00 a.m. – 12:30 p.m.	Dr. Kathy Wickens
	2:30 p.m. – 7:00 p.m.	Dr. Kathy Wickens
MASSAGE:	8:00 a.m. – 7:00 p.m.	Gordon Sobczak, RMT
WEDNESDAY OFFICE OPEN 7:00 A.M. – 7:00 P.M.		
CHIROPRACTIC:	7:00 a.m. – 1:00 p.m.	Dr. Kathy Wickens
	1:30 p.m. – 7:00 p.m.	Dr. Karim Guirguis
MASSAGE:	9:00 a.m. – 7:00 p.m.	Erin Dillon, RMT
NATUROPATHIC MEDICINE:	1:30 p.m. – 7:00 p.m.	Mireille Fanous, N.D.
ESTHETICS:	10:00 a.m. – 7:00 p.m.	Jessie Lurette
THURSDAY OFFICE OPEN 8:00 A.M. – 8:00 P.M.		
CHIROPRACTIC:	8:00 a.m. – 12:30 p.m.	Dr. Kathy Wickens
	2:30 p.m. – 8:00 p.m.	Dr. Kathy Wickens
MASSAGE:	8:00 a.m. – 8:00 p.m.	Gordon Sobczak, RMT
	4:00 p.m. – 8:00 p.m.	Erin Dillon, RMT
FRIDAY OFFICE OPEN 9:00 A.M. – 5:00 P.M.		
CHIROPRACTIC:	9:00 a.m. – 2:00 p.m.	Dr. Karim Guirguis
MASSAGE:	9:00 a.m. – 5:00 p.m.	Erin Dillon, RMT
NATUROPATHIC MEDICINE:	9:00 a.m. – 1:00 p.m.	Mireille Fanous, N.D.
SATURDAY OFFICE OPEN 9:00 A.M. – 2:00 P.M.		
CHIROPRACTIC:	9:00 a.m. – 2:00 p.m.	Alternating Doctors
MASSAGE:	9:00 a.m. – 2:00 p.m.	Gordon Sobczak, RMT

*Jennifer Addy, RMT will be returning in late fall 2008

Customized Orthotics

Computerized Gait Scan Analysis (No charge to patients of the office)	\$50.00
Orthotics	\$350.00
Stock Modified Orthopedic Shoes	\$450.00
Stock Modified Orthopedic Workboots	\$500.00

Chiropractic Fee Schedule

Dr. Kathy Wickens B.Sc. (Hon), D.C.
Dr. Karim Guirguis B.Sc., D.C.

Initial Assessment:

Adults (19-64yrs.)	\$105.00*
Seniors (65 and over)	\$100.00*
Youth (16-18yrs.)	\$70.00*
Student (with valid ID)	\$70.00*
Child (under 16yrs.)	\$50.00*

*This fee includes the second adjustment.

**Note: All New Patients must attend a New Patient Health Talk/ Workshop within the first few visits. Please book with the front desk staff.

Routine Office Visit:

Adult (19-64yrs.)	\$40.00
Seniors (65 and over)	\$35.00
Youth (16-18yrs.)	\$25.00
Student (with valid ID)	\$25.00
Child (under 16yrs.)	\$20.00

Other Types of Appointments:

New Patient Health Talk/Workshop NO CHARGE (Mandatory for all new patients - 1 Hour) If you cannot attend the workshop, a \$200.00 private 1 hour information session will be booked for you.	
House Calls	\$50.00
Emergencies/Out of Hours	\$50.00
C.A.T.S. (Cranial Adjustments Turner Style)	\$40.00 Adult \$25.00 Child
Reports/Letters	\$50.00
Doctors Notes	\$5.00

Massage Fee Schedule

Erin Dillon, RMT CranioSacral Therapy
Gordon Sobczak, RMT
Jennifer Addy, B.H. Sc., RMT

Time	Fee	GST	Total
15 min.	\$25.00	\$1.25	\$26.25
30 min.	\$40.00	\$2.00	\$42.00
45 min.	\$55.00	\$2.75	\$57.75
60 min.	\$70.00	\$3.50	\$73.50
90 min.	\$100.00	\$5.00	\$105.00
120 min.	\$125.00	\$6.25	\$131.25
Paraffin Wax (minimum 15 min. massage required)	\$5.00	\$0.25	\$5.25

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Gift Certificates are available.

Naturopath Fee Schedule

Mireille Fanous N.D.
Doctor of Naturopathic Medicine

Appointment	Fee	GST	Total
1 st Consultation (1.5hrs)	\$195.00	\$9.75	\$204.75
2 nd Consultation (1hr)	\$130.00	\$6.50	\$136.50
Follow-up (30 min.)	\$70.00	\$3.50	73.50
Follow-up (45 min.)	\$85.00	\$4.25	\$89.25
Acupuncture (30 min.)	\$70.00	\$3.50	\$73.50
Phone Follow-up (15 min.)	\$25.00	\$1.25	\$26.25

The services offered are covered by most extended health benefit plans.