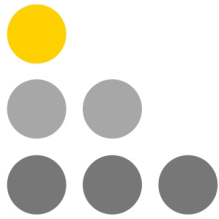


LEGACY HEALTH & PERFORMANCE: HOLIDAYS 2013:

DR. KRISTIN BURR - DR. ERICA MATTIA - TARA JANTZ, RMT - NICOLE ETTORRE, CAT
AGNES APPS - JEANNETTE JOHNSTONE - KYLE REMPEL - LISA SCANDOLARI

HOLIDAYS 2013



Legacy Health & Performance

Holiday Hours:

Chiropractic, Acupuncture, Athletic Therapy

Monday December 23 11am-7pm

Monday December 30 - 11am - 7pm

Thursday January 2 - Regular Hours Resume

Massage Therapy - Thai Yoga Massage - Energy Medicine

Monday December 23 - 1pm - 7pm

Friday December 27 - 11am - 5pm

Friday January 3 - 11am - 5pm

Holidays 2013 - Quick Updates! Here's to a Great New Year!

The team at LHP wishes you a fantastic holiday season, and a bright, fresh start to the new year! As we wrap up our first year at 569 Ontario Street, we have a few updates.

First, I'd like to welcome **Nicole Etorre, Certified Athletic Therapist**. Nicole comes to us with a plethora of new skills in treating athletic injuries. Athletic Therapists are trained as orthopedic injury specialists, practicing in a similar manner to physiotherapists but with an advanced focus on Sports Injuries. Nicole is a Brock Alumni, Rugby player, triathlete and fitness fan! (Sounds familiar!) She is a fantastic asset to our team as she also practices **Medical Acupuncture**. Nicole is

available on Mondays and Fridays at LHP.

We will be **open with reduced hours during the holidays**. Our schedule is listed above. Please use our online booking feature to book in, or leave us a voicemail and we will do our best to find you an appointment as soon as possible.

After the success of the first class, Dr. Kristin will again be offering **Pelvic Floor Pilates Workshops (Pfilates)** in January at Lisa's Yoga Studio.

Legacy becomes a teaching clinic again this January! We once again welcome Co-Op students from Niagara College and Sheridan College. That means our **free exercise therapy sessions are back!**

Dr. Erica, our nutrition Guru, is offering a **5-day holiday RESET nutrition program**. The *NEW* RESET kit is now **gluten free!** It is a fantastic way to overhaul your eating habits and kick the sugar and carb cravings. We are going to participate in a 5-day reset prior to the holidays, as well as a great New Year's resolution.

Thank you all for helping our vision of holistic health and sports medicine come true! We are always grateful to our patients and supportive community for choosing us as your health care providers.

Holiday love from all of us!

-Dr. Kristin Burr, Clinic Director

LEGACY: Sports Medicine Fee Update January 2014	Fees
Initial Visit - Sports Chiropractic, Medical Acupuncture OR Athletic Therapy	\$90
Sports Chiropractic Treatment Visit - (<i>ART, Fascial Therapy, Rehabilitation, Chiropractic</i>)	\$95 - 60 min \$75 - 45 min \$50 - 30 min \$35 - 15 min
Athletic Therapy Visit - Acupuncture	\$55
Sports Chiropractic with Medical Acupuncture	\$55
Custom Casted Orthotics & Biomechanical Analysis	\$400
Dartfish Running & Gait Analysis	\$200
Private Yoga Instruction	\$35
Pelvic Floor Pilates (<i>Pfilates</i>) Training Session	\$75
Registered Massage Therapy	\$75 - 60 Min \$63 - 45 Min \$50 - 30 Min
LEGACY: Restorative	
Thai Yoga Massage	\$65 - 75 min
Thai Yoga Massage - Couples Treatment	\$100/Couple
Energy Medicine - Reiki	\$65 - 75 min
Hot Stone Massage	\$110 - 75 min

In order to continue to provide the quality treatment you deserve, we are slightly raising the cost of some of our treatments in January 2014.

Thank you for your understanding!



Pelvic Floor Pilates

pfilAtes

Developed By a Physician

Presented by Certified Instructor Dr. Kristin Burr



Tuesday January 7
9:30am - 11:30am

Saturday January 18
11:00am - 1:00pm

Lisa's Yoga
3 Baker Drive
St. Catharines

A System of Exercises that promotes strengthening of the pelvic floor to aid in recovering or enhancing pelvic floor strength essential for normal bladder and sexual function



\$45 Early-Bird Pricing by December 30

\$60 After January 1, 2014

Space is limited to 12 participants - Book Now!

YOU GOT THIS.
YOU'RE STRONG. YOU'RE DETERMINED.
YOU WERE BORN TO LEAD A
HAPPY, HEALTHY LIFE.

AND YOU'VE ALREADY TAKEN THE FIRST STEPS TO GET ON TRACK.

WE KNOW IT'S NOT EASY. **THE BEST THINGS** NEVER ARE. BUT YOU'VE SET YOUR GOALS, AND YOU KNOW WE'VE GOT YOUR BACK EVERY STEP OF THE WAY.

CONGRATULATIONS ON RESTARTING YOUR LIFE AND JOINING

#RESETNATION. NOW GO GET 'EM!

The New Gluten-Free RESET is Here!

Order Between Monday December 9 and Wednesday December 11
To Participate in our Pre-Holiday RESET starting December 16 - 19

IN HONOR OF THE NEW G-FREE RESET Legacy Performance is offering a **FREE** blender bottle with every **RESET KIT** ordered this week!

USANA's RESET Challenge: DESTINATION TRANSFORMATION

officially starts Jan. 6. But don't wait for the new year to start forming some good habits. Stock up now on USANA's newly redesigned RESET kit, Nutrimeal shakes, and delicious protein snacks to help curb cravings during the tempting holiday season.

Right now is the time to commit to changing your life for the better. Grab a friend and get them involved too!

Contact Dr. Erica or Dr. Kristin to order!

