



The Spinal Column

accesschiropractic.net 403.945.0855

Holiday Hours:

Dec.24 - 26: closed
 Dec. 27: 8am-6pm
 Dec. 31: 8:30-11:30am
 Jan. 1: closed
 Jan. 2: 10am-8pm



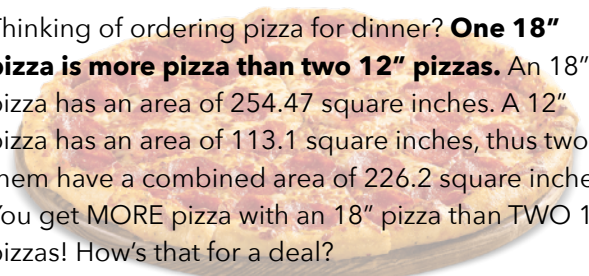
thank you for your support

This was a very 'eventful' year for us at the clinic and we thank you for your support. From Dr. Bajor having blown out his knees and off work for a month to having our first full year where Dr. Boyd joined Dr. Bajor at our north (and now ONLY) location, we appreciate your kind words and support. We have enjoyed keeping you, your families, and friends healthy this entire last year. We appreciate your referrals and your continued trust in taking care of your health! Upon us is a new decade and 2020 brings a lot of excitement and new energy! We look forward to making this year as awesome and 'injury-free' for both you AND our doctors as it can possibly be! Happy New Year!

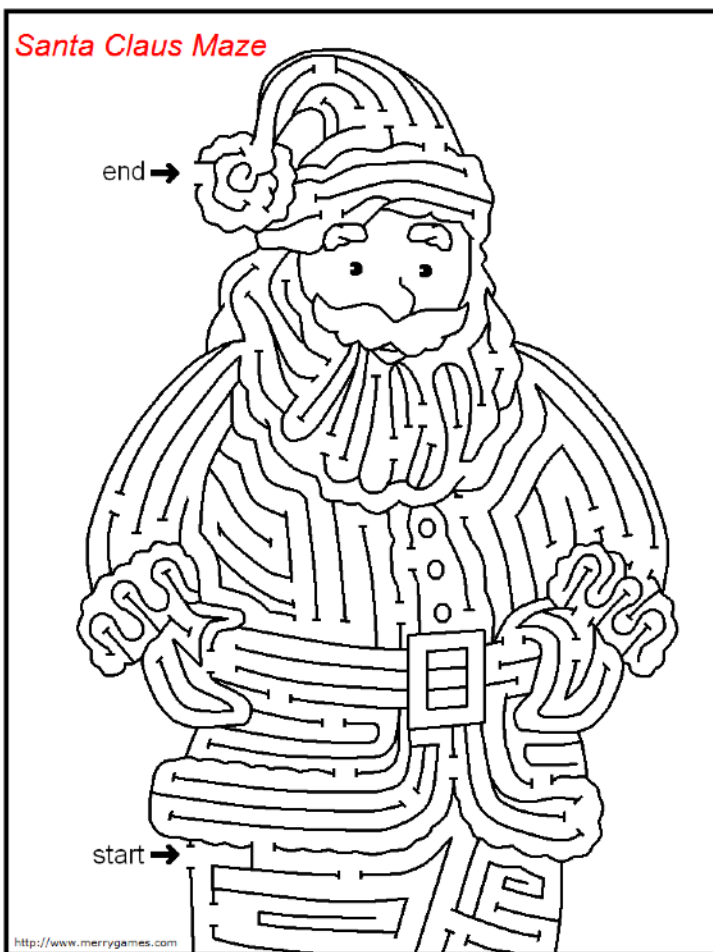
Airdrie P.O.W.E.R. donations

Through the Christmas season from November 23rd through January 3rd, we will be taking both monetary and item donation in support of Airdrie P.O.W.E.R. (Protecting Our Women with Emergency Resources). They are in the process of building a women's shelter but have run into some delays. We are collecting for them so that women (and children) have somewhere to escape in the event they are in a dangerous situation. We appreciate any donations you can give! Aside from monetary donations, 'nicenity' items are in high demand like scarves, jewelry, perfume, etc.

Thinking of ordering pizza for dinner? **One 18" pizza is more pizza than two 12" pizzas.** An 18" pizza has an area of 254.47 square inches. A 12" pizza has an area of 113.1 square inches, thus two of them have a combined area of 226.2 square inches. You get MORE pizza with an 18" pizza than TWO 12" pizzas! How's that for a deal?



Santa Claus Maze



What does Santa suffer from if he gets stuck in a chimney?

Claus-trophobia

What do Santa's little helpers learn at school?

The elf-abet

Instant Pot Hamburger Soup



"I don't like one pot, quick, healthy, and easy meals" said **NOBODY EVER!!** Here is a surefire instant pot recipe that will suit everybody's palate while bringing a symphony of flavours to the senses. Or something like that. ENJOY.

½ medium onion chopped	2 sticks celery chopped
1 pound lean ground beef	3 cloves garlic minced
1 can tomatoes pureed (28oz)	8 cups beef broth
2 large potatoes diced	1 TBSP oregano flakes
¼ cup barley (dry)	salt and pepper to taste

STEP 1:

Turn sauté on high. Add oil and brown hamburger meat. Turn sauté off.

STEP 2:

Add the rest of the ingredients and mix up. Turn on HIGH PRESSURE for 8 minutes. Open release valve when it is done.

STEP 3:

EAT. EAT. Wipe your mouth. EAT. EAT MORE. ENJOY! (pack up leftovers for the kids for lunch the next day!)

Starbucks holiday drink guide

Who loves a delicious holiday drink? YOU! Who doesn't love to burn off a delicious holiday drink? YOU! Everybody loves these holiday drinks but just how many calories are in them? Well, there's some! However simply seeing how many calories there are means nothing so we'll put it into the perspective based on exercise. The average person burns 100 calories per mile of running and the average person runs 10 minutes per mile. Check out you need to exercise to burn off these beverages! SORRY! All are TALL size made with whole milk.



8. **Peppermint White Hot Chocolate:** 430 calories (43 minutes running)
7. **Eggnog Latte:** 410 calories (41 minutes running)
6. **Peppermint Mocha:** 390 calories (39 minutes running)
5. **Caramel Brûlée Latte:** 390 calories (39 minutes running)
4. **Toasted White Chocolate Mocha:** 360 calories (36 minutes running)
3. **Snickerdoodle Hot Cocoa:** 340 calories (34 minutes running)
2. **Gingerbread Latte:** 300 calories (30 minutes running)
1. **Chestnut Praline Latte:** 290 calories (29 minutes running)

SUGAR is what makes up most of the calories so if you want to cut down on them, ask for less pumps, skip the whipping cream and go with skim milk. OR, if this is just a treat, then forget about it all and dive right on in. After all, you have to live a little!