

AUGUST '18

WELLNESS LETTER



Dear Patients and Friends,

Summer is cruising by and with Harborfest behind us and the New York State Fair fast approaching, we know that summer is slipping away. We sincerely hope that you have had a great summer so far and an even better “rest of summer” coming up!

My analogy of summer slipping away is meant as a metaphor for your health and your life. Are you currently living your “best life” and in the “best health” you’ve ever been in? If not now, when?

Change begins with a small step. Realize that on your journey of life and health for that matter, there will **always** be those interruptions or “course corrections” as I like to call them. Understand that these are a normal part of life and of growing and how you respond is where the difference lies.

Did you set a goal to lose weight back in January and here we are August and picnics and ice cream by the lake have challenged your will power? Did you decide to give up soda but couldn’t resist that Diet Coke? The examples are many but you get the idea.

In life there really are only about 5-6 things that provide the most impact whether it be health, business, parenting, etc... From a health perspective, I like to call these: **5 Keys to Health**.

As we progress through the end of the year this will be our focus so that it will help you identify at least **5 Keys** that you can focus on improving your health and wellbeing. You can always expand on these and better even create your “own keys”. The information we provide will serve to empower you on your journey to a more fulfilling and healthy life!

We had a recent addition to our office in case you hadn’t been in within the past few weeks. We framed our Vision Statement and placed it on the wall of our reception area to let all of our patients know why Port city Chiropractic, P.C. truly exists.

Our Vision: “Inspire Others to Better Health”.

We are committed to inspiring our family of patients to move forward on their journey to better health and will always be there to inspire and support you.

Make it a great day!

Dr. Ed

Port City Chiropractic, P.C.
Dr. Edward J. Galvin, Jr.
11 Fourth Avenue
Oswego, N.Y. 13126
315.342.6151
315.342.8548 fax
portcitychiro@cnyemail.com

