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My Wellness Guide is designed to renew your commitment to better health. Please share these health tips with your family and friends. Don't forget to add drnorenlong@me.com to your address book so we'll be sure to land in your inbox! Be sure to look for gift certificate and savings !

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Acupuncture & Chiropractic in Black Mountain

April Wellness Guide call 669-LONG

Issue: # 4

April 2013

Dear Noreen,

I believe Healthy Individuals become Healthy Communities
Being a Chiropractor has taught me we grow as a community when we share personal health goals. Please share this Wellness Guide with your family & friends. Please send ideas for articles to [Dr. Long here](#).

Protect your Back

We are all eager to begin preparing our garden beds. Spring brings new life and longer days. These tips will keep your back healthy and strong all season.

- Drink extra water to rehydrate and nourish your muscles and joints.
- Stretch your arms, legs and back muscles before digging or planting.
- Remember to stretch for a few minutes every half hour of gardening.
- Support yourself on one knee instead of bending down to weed.
- Divide the large tasks into smaller projects, and stretch often.



Hours: Monday - Friday: 8 am - 6 pm
Thursday 1 pm - 5 pm



Noreen Long DC
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Spring Health Tips



Spring Special!

This Spring Renew your health with Chiropractic & Migun \$10.00 discount when you mention coupon, see below.



Save \$10.00

Mention this coupon and save \$10.00
Use for chiropractic treatment or heated massage!

One coupon per person, please.

Offer Expires: April 30, 2013

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