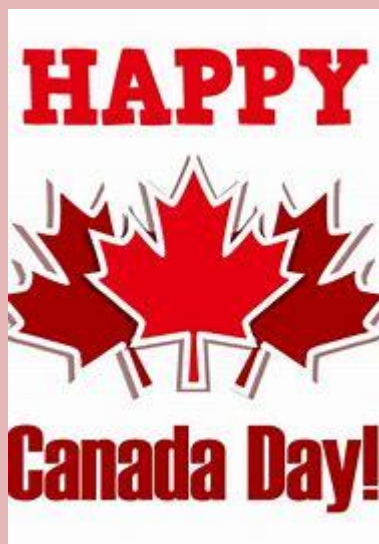


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- Happy Canada Day!
- National Injury Prevention
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Canada Day is a national holiday which is celebrated on July 1. It marks the day, in 1867, when three separate colonies joined to become a single entity within the British Empire called **Canada**. From this date, the country was regarded as a self-governing region within the empire. The holiday was originally called Dominion Day but was renamed in 1982 under the Canada Act which meant Government in London could no longer make changes to Constitutional law, allowing full Canadian sovereignty

Injury Prevention

KENAKO
Self-Care Experts

Skills for Life

Canada Day: 5 Fun Facts

1 What is Canada Day?
Canada Day is the national day of Canada. A federal statutory holiday, the occasion celebrates the anniversary of July 1, 1867, the effective date of the Constitution Act.

2 Originally known as "Dominion Day"
On July 1, 1867, the British North America Act created the Canadian federal government. This act stated that Canada would become an "independent dominion" (territory) of England, which is why Canada Day was originally called Dominion Day.
In 1982, Dominion Day changed to Canada Day after a vote in Parliament.
Source: www.readidigital.ca/learn/canada/amusing-canada-day-facts

3 Designing the Flag
To help them design the country's official flag, Parliament asked Canadians in 1963 to draft suggestions. Of the 3,543 patriots who responded, nearly 400 thought a beaver should be front and centre before finally deciding to use the iconic maple leaf.

4 Kanata
Canada's name was derived from the Huron and Iroquois Native American language. The word "kanata" translates to "village".

5 Bottoms Up, cheers!
On the weekend of July 31st, across the entire country, Canadians drink 1.2 million litres of alcohol/beer.

Accelerated Health & Wellness Centre

Mission Statement

Our mission is to provide a positive and healthy environment to accelerate our patient's health by incorporating a wide range of health care services.

Patient Care Commitment

During your visit, our health care professionals will take the time to provide an accurate diagnosis and customized treatment plan to quickly return you to an active and healthy lifestyle. All our professionals specialize in manual therapy techniques and have expertise with Graston, Active Release Therapy (ART), Acupuncture and Dynamic Decompression. We stay up to date with the latest and most effective treatments, equipment, and products available to provide the best service possible.

Our services include:

- [Physiotherapy](#)
- [Chiropractic](#)
- [Vestibular Rehabilitation \(Vertigo and Dizziness\)](#)
- [Occupational Therapy](#)
- [Naturopathic Medicine](#)
- [Massage Therapy](#)
- [Concussion Management](#)
- [Laser Therapy](#)
- [Acupuncture](#)
- Spinal Decompression
- Osteopathy
- [Custom Orthotics](#)
- [Custom Sports Bracing](#)
- Medical Compression Garments
- Hot Stone Massage Therapy
- Nutritional Counseling

National Injury Prevention Day, July 6

Injury prevention is critical to saving lives: Did you know that **injury is the No. 1 cause of death of Canadians ages 1 to 34?** Or that injury costs the Canadian economy **\$27 billion** a year?

Quick facts

-Preventable injury kills more Canadian children than any disease, and more youth than all other causes combined.

-One child dies, on average, every day from a preventable injury.

-Teen drivers die in crashes at a higher rate than any other age group in Canada

-40 per cent of head injuries in children aged 10 to 19 occur during sports.

For more information, visit:

<https://parachute.ca/en/program/national-injury-prevention-day/>





International Self Care Day July 24

Most people are reasonably healthy and well as children. As we get older however, we are faced with the challenges and temptations of life such as food, alcohol and tobacco, and the opportunity for sedentary lifestyles. We are faced with choices, and risks.

The good news is that it is possible to reduce substantially our risk of these diseases by adjusting our lifestyles, taking more care of ourselves by practicing self-care.

Is self-care hard to do? Some elements certainly are, such as the difficulty that smokers have in quitting tobacco use. But there is much that most of us can do to help ourselves to stay healthy and to help prevent or delay lifestyle diseases. The way forwards for most of us is to take small steps in positive directions.

Since 2011 self-care activities linked to ISD have been organised around the world, in countries as far apart as Bangladesh, Bolivia, Brazil, Canada, China, Iran, Kenya, Mexico, Myanmar, Nepal, South Africa, South Korea, Switzerland, Tanzania, the United States and Vietnam. Some countries – the UK and Canada – have organised self-care

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weeks.

ISD-related activities have been focused on youth (e.g. a poster design competition, mob flash dance, and concerts), seniors (community involvement programmes, physical examination programmes), the general public (public lectures, expert advice, sponsored public walks, football and golf matches, tai chi classes), occupational health, pharmacy (poster campaign, pharmacy manager training), research (on self-care habits and behaviour), and the media (media events, newspaper and journal articles).

We are delighted that the Senate of the United States agreed a Resolution to designate July 24 as International Self-Care Day – see Senate Resolution 515 of the 113th Congress. In 2019, as in previous years, Canadian Prime Minister Mr Justin Trudeau extended “my warmest greetings to everyone marking International Self-Care Day” (see <http://selfcare.ca/self-care-day/>).

Coronavirus;

We welcome you back! We are now open to help you with your Physiotherapy Chiropractic and Massage needs. Slowly but surely as restrictions are lifted we will be able to offer you more of our Clinics services.

Please be aware there are several new safety measures in effect.

Please wait in your car until your scheduled appointment.

Please sanitize your hands upon arrival; the administrator will direct you to the room. (newly installed plexi glass is at the admin desk – please pay by card)

All Massage appointments are required to bring in and wear a mask during your therapy.

All of our physicians and RMT’s will be wearing the appropriate governed PPE for their position.

Cleanliness routines have been revised due the coronavirus mandates on the Ontario website governed by our colleges.

We can’t wait to see you! Please call for an appointment or any questions you may have.

Thank you for taking the times to read our Newsletter.

As always, Go in Good Health!

