



The Chiropractic Voice

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Early Years Family Centre

INSIDE THIS ISSUE

1. Early Years Family Centre
2. Early Years Family Centre Con't.
3. Recipe of the Month
4. Book of the Month
5. Supplement Sale

Affirmation

I Love myself enough to listen to my heart to make the right choices in that moment.

The Connections Early Years Family Centre located in Windsor offers many programs specifically designed to meet the needs of fathers and their preschool children ages 0 - 6. I was reading on their website some interesting information about fathers that I thought I would share with you.

Children with involved fathers:

Develop more successfully

Are 2 times as likely to go on to post-secondary education

Are 2 times as likely to find a stable job

Are 75% less likely to become teenage parents

Are 80% less likely to spend time in jail

Have more curiosity and less fear socially

Show greater tolerance for stress and frustration

Have higher compassion and empathy

Feel better about themselves and make better choices

Have mothers that are happier

Have better relationships with their siblings

If you would like more parenting information or what programs they offer please visit their website at www.connectwithus.ca.

I hope you are all enjoying your summer! See you soon!

Recipe of the Month:

Chunky grilled vegetable guacamole

Ingredients:

2 tbsp (25ml) canola oil, divided (plus more for the grill)

1 small zucchini, cut lengthwise in 3 long strips

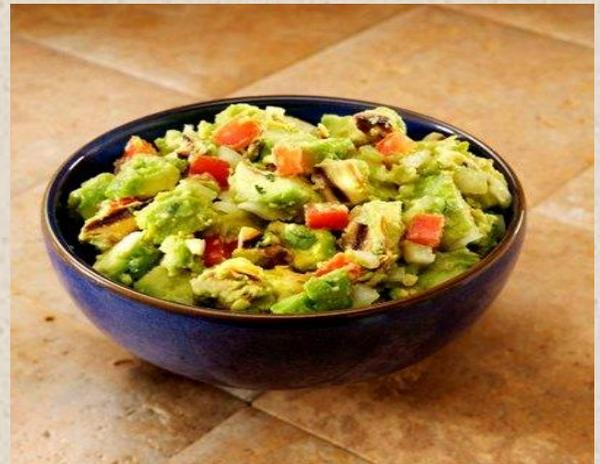
1 red bell pepper, cored, seeds removed,
sliced in half

1 just ripe avocado, peeled, sliced in half

½ small red onion, sliced in half

Juice of 1 lime

¼ cup (50ml) cilantro, minced



Directions:

1. Prepare grill by brushing with canola oil. Preheat grill to medium-high.
2. Lightly brush both sides of vegetables with 1 tbsp of the canola oil. Place zucchini strips, bell pepper, avocado and onion halves on the grill for about 3 to 4 minutes per side.
3. Remove from grill, Finely dice zucchini, pepper and onion. Place in large bowl. Add avocado and mash in.
4. Stir in remaining canola oil, lime juice and cilantro. Refrigerate until serving.

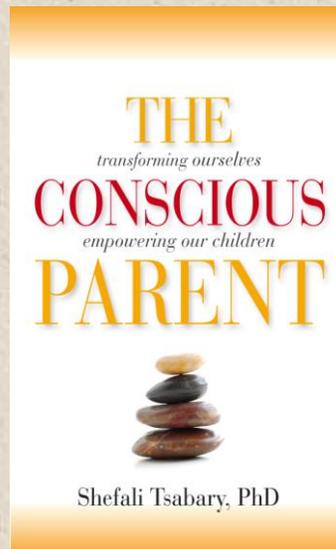
July Book of the Month:

After Forever Ends
By: Melodie Ramone



August Book of the Month:

The Conscious Parent
By: Shefali Tsabary



Supplement Sale

15% OFF

Did you know that Vitamin D is a vital factor for activating your immune system? Having insufficient amounts of Vitamin D can lead to the immune system not being able to react and fight off bacteria and viruses.

Vitamin D3

Reg: \$28.95

Sale: **\$24.60**

Sale Valid August 1st - 31st, 2014

