



Valentine's Day 2010

Clinic Updates and Events

A Valentine for your Spine – Treat your loved one to a free consultation



Each year on February 14th, we celebrate the love we have for people close to us. Activator Health Center wants to show our love by offering a special gift to the loved ones of our patients. During the week of Feb. 8 to 12, bring in your loved one for a complimentary evaluation by Dr. David Iacuone. Dr. Dave will assess your loved one's daily activities, current spinal alignment, and other issues, and present recommendations and a plan of care. It's a valentine for your spine – and it's free!

Please call our clinic today to make an appointment – 602.445.7575.

Happy Valentine's Day!

Ask Activator Health Center



Q: My neck and shoulders feel strained at the end of the day. Could this be caused by my purse?

A: While numerous issues could be causing the pain you're feeling in your neck and shoulders, including stress, sitting improperly at the computer, or lack of sleep, your purse could also be the culprit. The American Chiropractic Association provides clear recommendations about handbags, purses and briefcases, to ease the strain on your body. A cross-body, messenger-style bag is suggested over both long and short-strap purses. Most importantly, the weight of your purse should be less than 10 percent of your body weight and should never exceed 15 pounds. If you have questions about the bag you are using and how it might be contributing to your discomfort, please call 602.445.7575 for an evaluation.

Hours and Contact Information

Activator Health Center is located at 2950 N. 7th Street, Suite 100, in Phoenix, Ariz. We are located one block north of Thomas on 7th Street, on the west side of the street.

Clinic hours are Monday, Wednesday and Friday from 9 a.m. to 12 noon and 2 p.m. to 6 p.m., Tuesday and Thursday from 2 p.m. to 6 p.m.

Call 602.445.7575 for an appointment. Walk-ins and same-day appointments are welcome.

Visit us online at www.activatorhealthcenter.com.