



Spring 2009

Clinic Updates and Events

**Activator Health Center offers free classes to promote good health**

***We all feel it, we all know it, and we can't hide from it -- We're stressed!***

On **Thursday, Apr. 23**, Dr. David Iacuone will present "Take a Break – Five Easy Steps to Reduce Stress," a free lecture offering patients, friends and families tips for lowering tension and anxiety in today's busy world. Registration and complimentary refreshments begin at 5:30 p.m., and the lecture will start at 6 p.m. The event is open to the public.

***Feel like sit ups are hurting more than helping? You might be right!***

Dr. Iacuone is offering a core stabilization class on **Thursday, May 14**, at 6 p.m., to give instruction on ways to exercise correctly and build core strength to maintain spinal health. The complimentary class, also open to the public, will provide tips on proper exercise technique and areas of the body that require extra attention to help control spinal alignment.

Please call 602.445.7575 to reserve your place at one or both of these free classes.



Ask Activator Health Center

**Q: I have noticed that every day around 4 p.m., I have a headache and my neck is stiff. Is it possible this is caused by the way I sit at my desk?**

**A:** As you read this, have you leaned forward in your chair or placed your elbow on the desk with your chin resting in the palm of your hand? These standard behaviors often cause neck and back tension, and headaches. Poor ergonomics and posture create "positional overload," increasing the amount of physical stress on the body and impacting neck and shoulders. In fact, 68% of the headaches we suffer from, known as tension headaches, are centered in the neck. Because significant time is spent at a computer each day, you can easily forget about posture or proper ergonomics until you feel that "end of day" pain. But good posture is part of everyday health, just like drinking plenty of water and eating nutritious foods.

To improve posture and alleviate pain, it is important to examine a few factors, including how you sit in a chair, how your knees and hips line up, if your keyboard and mouse are in easy reach, and if your computer is set at the correct height. Activator Health Center conducts free ergonomic assessments at your workplace to help you organize your workstation to promote better posture, and better health. An ergonomic assessment, coupled with regular chiropractic adjustments to correct spinal misalignment, can greatly reduce or eliminate pain altogether.

If you have questions or would like to make an appointment, please contact [drdave@activatorhealthcenter.com](mailto:drdave@activatorhealthcenter.com) or call 602.445.7575.



Hours and Contact Information

Activator Health Center is located at 2950 N. 7<sup>th</sup> Street, Suite 100, in Phoenix, Ariz. We are located one block north of Thomas on 7<sup>th</sup> 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](http://www.activatorhealthcenter.com).