



Fall 2009

Clinic Updates and Events



Looking for headache relief? Want to strengthen your core? Learn more at Activator Health Center!

Tell that headache to take a hike!

On Thursday, Oct. 1 at 6 p.m., Dr. David Iacuone will present "Taking the Ache Out of Headaches," a free lecture on preventing tension headaches and other forms of this common ailment. 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.

Tired of sit ups? Learn new ways to build core strength!

Dr. Iacuone is offering a core stabilization class on Thursday, Oct. 22 at 6 p.m. to provide advice on how to exercise correctly and build core strength to maintain spinal health. This free class will offer guidance on proper exercise technique and identify areas of the body that require special attention to promote proper spinal alignment.

Please call 602.445.7575 to reserve your spot at these classes today!

Ask Activator Health Center



Q: I experience frequent tension headaches, about two to three times per week, but I can generally get relief from over-the-counter medications. Is it normal to have headaches like this, and can I do anything to prevent them?

A: Headaches have become so common that most people think they are a normal part of life. This is simply not true. Many different factors contribute to headaches and we have more control over them than you may think. For example, approximately two-thirds of headaches are caused because of alignment problems in the neck. Other factors, such as nutrition, hormonal changes and stress, also contribute to headaches.

While many people rely on painkillers to help manage headaches once they occur, very effective prevention techniques are available to help people avoid headaches in the first place. Because many of our patients inquire about headaches and they are such a prevalent problem, Activator Health Center is offering a free class on headache prevention. At the lecture, we will discuss "red flags" at home, in the office and in our environments that may bring on headaches; the most common types of headaches; and strategies to prevent or minimize their occurrence, including chiropractic adjustments and exercise.

This complimentary class is scheduled for Thursday, Oct. 1, at 6 p.m. at Activator Health Center. If you have questions, would like to make an appointment, or plan to attend the class, please contact drdave@activatorhealthcenter.com or call 602.445.7575.

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.