



## Winter 2009

### Clinic Updates and Events



### Tips for Managing ING Syndrome

Never heard of ING Syndrome? Chances are, you've experienced it during the holidays. It's that feeling you get after too much shopping, eating, wrapping, decorating, cooking, traveling, cleaning, entertaining, and possibly stressing! Neck pain, low back pain, fatigue and reduced immunity to colds and flu are all conditions that can result from ING Syndrome, and nothing ruins this festive time of year more than suffering from pain or exhaustion.

How can you avoid ING Syndrome this holiday season? Visit us at Activator Health Center, and we'll help keep you going strong throughout the month, so you can focus on what's most important – spending time with your loved ones. Call us at 602.445.7575 to make an appointment, or just come in – walk-ins are always welcome!

### Ask Activator Health Center



### Q: Will the clinic be open during the holidays?

**A:** YES, YES, YES! We will be open throughout the month of December, though we will take a short break near Christmas. The clinic will be closed on December 23 to 25, and then reopen on Monday, Dec. 28. We will also be closed on January 1, 2010 in observance of New Year's Day. So, if you suffer from ING Syndrome, rest assured that we'll be able to help you during most of the hectic holiday season!

### 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).