

*For Immediate Release*

# NEWS RELEASE

*Attention: General Assignment, Health, Nutrition, Wellness Editors and Reporters*

## HOW'S YOUR POSTURE? GET DR. NATHALIE TO CHECK YOU OUT DURING NATIONAL SPINAL HEALTH WEEK

---

OTTAWA, April 27, 2011 – May 1-7 is National Spinal Health Week and Dr. Nathalie is on a mission to reach as many Ottawa residents as she can with her Posture Score Card. “This is a perfect opportunity to have your family, friends and co-workers learn the power and importance of having a healthy nervous system and spine” said Dr. Nathalie Beauchamp, a Ottawa-based chiropractor who strives to keep current with the latest research and developments in health and wellness.

“I have been a chiropractor for 15 years and it really shocks me that people will have their eyes checked, their teeth checked, their car aligned but they are in their 30-40-50-60’s or even older when they have their spine and nervous system checked.” Until May 15 Beauchamp Chiropractic is offering free Spinal Health Assessments at their clinic for new patients. Posture Score Cards and Gift certificates for download at [www.BeauchampChiropractic.ca/SpinalHealthWeek](http://www.BeauchampChiropractic.ca/SpinalHealthWeek).

Complete the Posture Score Card and post your total score by May 9 on the Facebook Fan Page ([www.facebook.com/BeauchampChiropractic](http://www.facebook.com/BeauchampChiropractic)) for a chance to win a day at Le Nordik.

Dr. Nathalie is also hosting a free workshop on Wednesday, May 4 at 7:30pm on “The 100 Years Lifestyle” where attendees will learn how to Be Fit – Eat Right and Think Well and live a healthy, happy and fulfilled life.

Spinal Health Week ([www.chiropracticcanada.ca](http://www.chiropracticcanada.ca)) is celebrated across Canada and is a great time to introduce your family and friends to the many benefits that Chiropractic Care can offer.

...2/



## About Dr. Nathalie Beauchamp

Dr. Nathalie Beauchamp, B.Sc., D.C. is the author of the book *Wellness On The Go: Take the plunge - it's Your Life!* Dr. Beauchamp's passion for wellness is infectious and she passes that along to her patients/clients through her expertise in the areas of fitness, nutrition, lifestyle and optimal health. Dr. Beauchamp is also a certified personal fitness trainer, a professional natural bodybuilder, a business wellness consultant and an inspirational speaker.

- 30 -

Images available.

For more information, please contact:

Dr. Nathalie Beauchamp

613-852-1770

[Contact Online](#)

[www.drnathaliebeauchamp.ca](http://www.drnathaliebeauchamp.ca)

