

# **National Spinal Health Week: Is Your Posture Affecting Your Health?**

*To celebrate National Spinal Health Week, Sante Chiropractic and Wellness Centre is encouraging all Ottawa residents to take the Posture Score Challenge.*

Canada -- Free-Press-Release.com -- Apr 27, 2014 -- May 1- 7 is National Spinal Health Week and to celebrate Sante Chiropractic and Wellness Centre is encouraging all Ottawa residents to take the Posture Score Challenge. "This is the perfect opportunity to determine whether your posture is having a negative impact on your overall health and well-being because when it comes to health, a healthy spine and nervous system are of the utmost importance", said Dr. Nathalie Beauchamp, an Ottawa based chiropractor who is on a mission to make Ottawa the healthiest city in Canada.

"I have been a chiropractor in the Ottawa area for 18 years now, and it still surprises me that most people get their teeth, eyes and even their cars checked regularly, but most don't think to get their spines and nervous systems checked. " As part of their National Spinal Health Week celebrations, Sante Chiropractic will be offering complimentary new patient assessments until May 31, 2014. To book an appointment, simply call the clinic at (613) 837-2883 and mention the Posture Score Challenge.

Ready to take the challenge? Visit our website: [www.santechiropractic.com](http://www.santechiropractic.com) to download your Posture Score Card. Post your total score on the Sante Facebook Page ([www.facebook.com/SanteChiropractic](http://www.facebook.com/SanteChiropractic)) by May 15, 2014 and you will automatically be entered in a draw for a chance to win a day at Le Nordik Spa. Happy National Spinal Health Week!

**For more information, please visit:**

<http://www.santechiropractic.com>

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