

Do you feel tension in your eyes and neck???

Pro active health care for the 21st century

Accelerated Health
& Wellness Centre

Easing Eye Strain while in front of your Computer!

Sitting in front of a computer is a reality in our lives. Whether you are at a work station all day, doing internet banking, or just having fun playing computer games, you will likely find yourself becoming uncomfortable.



Tips to help reduce eye and neck strain:

Near-far focus

This exercise improves eye flexibility:

- Hold your thumb six inches from your nose.
- Focus on your thumb.
- Take one deep breath and exhale slowly.
- Then focus on an object about 10 feet away.
- Take another deep breath and slowly exhale.
- Repeat back and forth 15 times

Head Rolls

This exercise is to relax your neck, head and face muscles and



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acceleratedhealthcentre.com

Services Offered:

Chiropractic
Physiotherapy
Massage Therapy
Laser Therapy
Acupuncture
Smoking Cessation
Custom Orthotics
Custom Don Joy Bracing



reduce shoulder tension.

- Take a deep breath and close your eyes.
- On the exhale, slowly drop your chin to your chest. Relax your neck and shoulders.
- As you inhale deeply again, slowly and gently roll your head around to the left, then back, keeping your shoulders still and relaxed.
- Make your movements slowly, carefully and deliberately.
- Now exhale full as you roll your head to the other side and down to your chest again.
- Repeat this sequence twice then change directions and repeat twice more.

Come out for this **free seminar** on how to decrease eye and neck strain at the computer!

You will learn simple techniques to improve mobility and comfort while working for long hours in front of a monitor. You will learn the connection between eye, jaw and neck tension and how to diffuse the effects of prolonged strain.

Free!!! Health & Wellness Seminar

Where: Accelerated Health & Wellness Centre

When: Thursday April 8th @12:20pm

Who: Fariya Doctor B.Sc., RMT, GCFP

Fariya has had over 16 years of experience in dealing with the art and science of healing the body.

Her practice involves helping people out of pain and improving their quality of living. This includes people recovering from injuries, back and neck pain, headaches, chronic conditions, and joint pain. Fariya has a commitment to helping people rediscover a freedom and ease in their ability to move. Her years of experience as a RMT and Feldenkrais Practitioner provide

an intelligent and gentle approach. For more details check out www.fariyadoctor.com.



**Congratulations! To our April Patient of the Month,
Aileen Turnbull**

Congratulations Aileen for all your hard work and dedication. Aileen has been receiving treatment at our facility over the past year. She has received a variety of services including Chiropractic, Massage Therapy and laser therapy. Aileen has enjoyed treatment with us so much that she has since referred her husband, daughter and co-workers.

As a token of our appreciation Aileen will be receiving a free 1 hour massage and a \$25 gift certificate to the Keg.

Thanks Again Aileen and we look forward to treating you in the future.