

Amplify Your Health



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Ascent Gift Of Health

Give and You Shall
Receive



For a limited time, the purchase of an Ascent Gift Certificate will provide savings back to you.

Purchase a Gift Certificate* and you will receive 25% off your next service!

*\$65 Minimum in order to receive 25% offer

Issue: 30

11.4.09

We sure had fun...

Thank you for making the Lowry Halloween Spook-Tacular Hunt such a huge success! We are thrilled that over 500 children stopped by for the festivities. Trick or Treating is traditionally a candy oriented event and we proved with organic fruit strips that eating healthy can be tasty and fun. It's never too early to start eating healthy, and learning good habits early is key to a long healthy life.



[Click here to see all the Spook-Tacular pictures](#)



Educating the community is our goal and teaching healthy snacking habits is easy when you make it fun. Our goal is to give the community information they need to live well and the Lowry Halloween Spook-Tacular Hunt taught children and their parents that healthy snacking is easy. We welcome you to stop by and learn about all the ways you can include healthy eating habits for your family.

Live Healthy!

Dr. Julie Marchiol, DC, FIAMA

Ascent Health Center
303.343.8800

Nutrition Boot Camp Hybrid

Take advantage of a limited time savings...
65% off
the regular price of our 8 Week Program

[Sign up now!!](#)

•
Nutrition Coaching - 4hrs of Education

•
Personal Training by Our NSCA Certified Trainer - Three Workouts a Week

•
Body Mass Index Scan Evaluation - Before During and After the 8 Week Program

•
Nutrition Starter Pack to Get You Off on the Right Foot

Two convenient sessions:

M, W, F at 6:30p

or

T, Th, Sat 10:00a

Contact us for more details or
to Reserve your Space

303.343.8800 or Email us at FrontDesk@AscentHealthCenter.com

The Ascent Health Center Difference

Chiropractic + Acupuncture + NET + Nutrition

Could you imagine making four different appointments to bring together the disciplines of [Chiropractic](#), [Acupuncture](#), [NET](#) and [Nutrition](#)? Better yet, try getting each of your practitioners to communicate and share their findings.

Good news, you don't have to! Dr. Julie is pleased to provide each of these disciplines to her patients during each and every appointment.

New Features

Ascent Health Center understands your needs and wants to make sure that you have information to assist in living a healthy life.

Recommended Reading:

We always want to do what is best for our children and we have found a good article that can help you make decisions. We have found a group of articles, one in particular "[Toddlers And Organic Foods](#)" regarding toddlers that contains good information so take a look.

We recommend a couple books that offer essential information regarding your health and the health of your loved ones. Nutrition, exercise, detoxification, and healthy living are good for your body and reading is good for the brain. Keep yourself mentally agile by picking up a book... and why not make it about your health. "[Discover Wellness: How Staying](#)

[Healthy Can Make You Rich](#)" and "[Chicken Soup for the Chiropractic Soul](#)" are both entertaining and informative.

Where else you can keep in touch:



Save 10%
on quality pharmaceutical grade supplements during
our...

Live Healthy... ...Give Food

throughout the month of November

Assist families in need by donating
non-perishable food items and receive 10% off
an individual supplement*

Organic is best is our rule of thumb in advising our patients and
community on nutrition. We encourage you to donate organic goods and
we welcome all your gifts of food for those in need.

Thank you in advance for your participation!

- Ascent Health Center

*Purchase must be made on day of donation

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