



*Brost*  
**Chiropractic & Wellness**

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## *Upcoming* **EVENTS**

Office will be closed on the following dates:

Thursday January 1, 2026 ~\*~ Happy New Year ~\*~  
Monday February 16, 2026

Welcome to 2026 at Brost Chiropractic & Wellness Centre...

Where our New Year's Resolution is delightfully simple: help turn the people of Calgary into the healthiest humans on the planet. A bold goal? Absolutely. But if anyone can do it, it's Calgarians with properly aligned spines and a stubborn refusal to settle for anything less than feeling amazing.

Now, we'll admit it. We can't accomplish this heroic mission alone. Our adjusting tables may be strong, but they're not that strong. We need you. This year, we're inviting every patient to become a chiropractic advocate: someone who shares their experience, spreads the word, and casually mentions to friends, family, and coworkers that life runs smoother when your spine isn't impersonating a pretzel.

Awareness and education are the keys. We believe everyone deserves regular spinal check-ups, just like they visit the dentist and optometrist. Your teeth, eyes, and spine are a trio that should never be left unsupervised.

To make sharing easy, we've created a \$47 Total Health Gift Certificate that you can pass along to the people you care about. This includes a full examination and a Report of Findings, because everyone deserves the chance to explore the health and lifestyle benefits that chiropractic care can unlock.

We're committed to helping Calgary move better, live brighter, and feel fantastic in 2026. And we know our patients will be just as excited to help create a happier, healthier city, one aligned spine at a time.

Imagine the ripple effect of healing, energy, and genuine feel-good-ness across our friends, family, and co-workers. Let's help them discover their full health potential this year.



### **What an amazing office filled with truly spectacular patients!**

The Veterans Association was full of joy and gratitude for the donations our office contributed this year.

Thank you to everyone who helped support our Veterans this holiday season. Your generosity made a real difference.

← **how we started**      **how we finished** →



## 5 Simple Tips for Bettering Your Mental Health

1. Pause & Breathe: Even 5 minutes of deep, mindful breathing can calm your nervous system.
2. Stay Active: Movement boosts endorphins, which directly lift your mood.
3. Connect with Others: Meaningful conversations reduce loneliness
4. and improve perspective.
5. Limit Overload: Step away from endless news or social feeds; your brain
6. needs downtime.
7. Practice Mental Fitness: Just like muscles strengthen with exercise, your brain can be trained to handle stress, sharpen focus, and find calm.

## Setting you up for Success - The Importance Of Continuing Care

**One of the topics our patients request more information about is the importance of continuing care. The following are recommendations by Dr. Brost:**

**Forward Progress** - When the pain is gone, healing still continues. Research has proven that soft tissue structures, such as ligaments and muscles, continue to heal after the pain is gone. It is important to continue maintenance care after the pain subsides in order to allow for more complete healing.

**Prevent A Reoccurrence** - Ending care too soon increases the probability of another injury because the spine has not fully healed. Following Dr. Brost's treatment plan prevents a reoccurrence, allowing you to continue your active lifestyle and enjoy life to the fullest. Studies show that re-injury the second and third time often leads to an increase in the severity of the problem, leading to lost time from work and increasing disability.

**Save Money** - Many people think nothing of going to the dentist two times per year for preventative dental check-ups. Why? Everyone realizes that obtaining regular dental check-ups prevents the financial burden of paying for expensive dental procedures, such as braces and root canals, down the road. Chiropractic preventative care works the same way. Also, people can wear dentures when their teeth wear out, but presently, there is no technology for building a new spine when the present one wears out.

**Feel Healthier** - Patients who receive regular maintenance care are able to enjoy life to the fullest because they feel better. Dr. Brost will tailor a maintenance program specifically designed to suit your lifestyle.

**Become Educated** - Ask questions about your health. We encourage you to capitalize on your office visits by becoming a proactive patient. Understanding how your body functions, especially your spine and nervous system, allows for patients to better understand how to prevent future injuries.

**If you have any further questions or would like more information please call/text our office at 403.520.5265 or email to: [getadjusted@brostchiro.com](mailto:getadjusted@brostchiro.com)**

## ~\*~\* Tentative 2026 Holiday Office Closures ~\*~\*

CLOSED - January 1, 2026

CLOSED - February 16, 2026

CLOSED - April 3 - 13, 2026

CLOSED - May 18, 2026

CLOSED - July 1, 2026

CLOSED - August 3, 2026

CLOSED - September 7, 2026

CLOSED - October 12, 2026

CLOSED - November 11, 2026

CLOSED - December 24 - 27, 2026

SPECIAL HOURS - December 31 - 1030 am - 3 pm

~!~!~ Dates may be subject to change ~!~!~

## ASK DR. KOLBI BROST:

### What can I do to speed up my recovery and enhance the healing process?

- 1. Proper rest** - a good night's sleep gives your body time to heal. Use a supportive mattress and a pillow that promotes proper neck curve. Sleep on your back or side. Please ask me at your next appointment how you can get a better night sleep.
- 2. Better diet** - make sure your body has the best raw materials to heal muscles and soft tissues. While good nutrition is always important, it's doubly important now.
- 3. Keep your appointments** - my recommendations for you come from the experience of helping others with similar conditions. Follow your visit schedule for the best results.
- 4. Moderate exercise** - a regular program of walking or swimming can improve overall muscle tone. If you're unsure what stretches and exercises you should do, just ask.
- 5. Correct lifting** - lift with your knees and keep your back straight. Correct sitting and good posture is important. Consider using a small pillow to help maintain proper spinal curves when at work or in your car.
- 6. Tell others** - patients who tell others about their chiropractic experience seem to get well faster. Telling others can reinforce your commitment and remind you of the simple truths of the chiropractic approach to better health.

***Remember healing takes time. Between what we do at the office and what you do at home, the road to recovery looks promising!!***

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| 1 | 6 | 8 | 5 | 7 | 9 | 4 | 3 | 2 |
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| 5 | 1 | 2 | 7 | 9 | 3 | 8 | 4 | 6 |
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| 8 | 3 | 6 | 1 | 4 | 2 | 7 | 9 | 5 |

December  
Sudoku  
Answer

January  
Sudoku

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### Office Hours

Monday 12:00 - 6:00  
Tuesday 10:30 - 5:00  
Wednesday 12:00 - 6:00  
Thursday 10:30 - 6:00

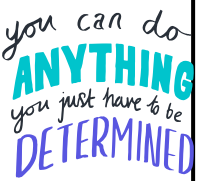
*Yours In Health*



**Brost**  
Chiropractic & Wellness

*Dr. Kolbi Brost, Melissa & Crystat*

# January 2026 Calendar

| SUNDAY                                                                                    | MONDAY               | TUESDAY                                                                           | WEDNESDAY            | THURSDAY                                                                                | FRIDAY                                                                                      | SATURDAY                                                                                   |
|-------------------------------------------------------------------------------------------|----------------------|-----------------------------------------------------------------------------------|----------------------|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
|          |                      |  |                      | 1<br> | 2<br>    | 3<br>   |
| 4<br>    | 5<br>OPEN<br>12 - 6  | 6<br>OPEN<br>10:30 - 5                                                            | 7<br>OPEN<br>12 - 6  | 8<br>OPEN<br>10:30 - 6                                                                  | 9<br>    | 10<br>You DON'T NEED TO BE AN EXPERT TO DO SOMETHING GREAT                                 |
| 11<br>  | 12<br>OPEN<br>12 - 6 | 13<br>OPEN<br>10:30 - 5                                                           | 14<br>OPEN<br>12 - 6 | 15<br>OPEN<br>10:30 - 6                                                                 | 16<br>  | 17<br> |
| 18<br> | 19<br>OPEN<br>12 - 6 | 20<br>OPEN<br>10:30 - 5                                                           | 21<br>OPEN<br>12 - 6 | 22<br>OPEN<br>10:30 - 6                                                                 | 23<br> | 24<br>Good things take time                                                                |
| 25<br> | 26<br>OPEN<br>12 - 6 | 27<br>OPEN<br>10:30 - 5                                                           | 28<br>OPEN<br>12 - 6 | 29<br>OPEN<br>10:30 - 6                                                                 | 30<br> | 31                                                                                         |

YOU ARE EXACTLY WHERE YOU'RE SUPPOSED TO BE



TOMORROW, YOU CAN TRY AGAIN