Brost Chiropractic & Wellness

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Upcoming EVENTS

IMPORTANT OFFICE HOURS TO NOTE

OPEN - Wednesday November 11, 2026
CLOSED - Thursday December 24, 2026
CLOSED - Thursday December 31, 2026

🇨🇦 November 11: A Moment to Remember

On November 11, we pause to remember and honour the brave Canadians who served, sacrificed, and continue to serve our country. Remembrance Day is a time to reflect on the courage, resilience, and selflessness of those who fought for the freedoms we enjoy today.

At 11:00 a.m., we observe a moment of silence to honour the fallen and show our gratitude to veterans and serving members of the Canadian Armed Forces.

Lest we forget. From all of us at Brost Chiropractic, we remember with gratitude and respect.

Our office will be open on Wednesday November 11 - 12:00 - 6:00 pm

🧠 Your Nervous System: The Body's Communication Network

Ever wonder how your brain tells your body to move, how you know when something is hot, or how you manage to catch yourself when you stumble? Meet your nervous system, your body's very own communication network!



Your nervous system is made up of your brain, spinal cord, and an extensive network of nerves that carry messages between your brain and the rest of your body. It's constantly working behind the scenes, helping you move, feel, think, react, and coordinate everyday activities.

📡 Messages on the Move

Think of your brain as the command centre and your nerves as the communication lines. Your brain receives information from your surroundings and your body, processes it, and sends signals back to help you respond. This happens when you walk, reach for your coffee, or pull your hand away from something hot. Some responses happen so quickly you don't even have to think about them!

🧠 Where Chiropractic Comes In

Your spine houses and protects your spinal cord, one of the main pathways connecting your brain with your body. Chiropractic care focuses on the relationship between the spine, joints, and nervous system, with the goal of supporting movement and function.

At Brost Chiropractic, we take a brain-based approach to care, looking at how the brain and body work together. Your health involves more than just your back or neck. Movement, balance, coordination, and the way your body responds to its environment all rely on communication within the nervous system.

💡 The Bottom Line

Your nervous system never really clocks out! It helps coordinate countless activities every day, often without you giving it a second thought. Looking after your overall health with regular movement, adequate sleep, stress management, and appropriate care helps you support the body that keeps you going.

Your brain sends the messages. Your nerves carry them.
Your body puts them into action. What a team! 🧠⚡

Keep smiling, keep moving, and remember to look after your whole self!

🍂 Fall Is Fading: Keep Moving Anyway!

The leaves have fallen, the days are getting shorter, and Calgary's outdoor playground is starting to look a little less inviting. It's tempting to trade our walking shoes for fuzzy slippers and settle in for a season of couch time. But just because fall is fading doesn't mean your movement routine needs to disappear with it!

🏃 Your Body Loves to Move

Movement does more than burn energy. It helps maintain joint mobility, muscle strength, balance, coordination, and overall health. Physical activity also supports brain health, mood, and sleep. When we spend more time sitting and less time moving, our bodies can start to feel stiff and sluggish.

🧠 Move for Your Brain, Too!

Your brain and body are constantly communicating. Activities like walking, dancing, stretching, and practising balance give your nervous system information to help coordinate movement. Even a change of pace or trying a new activity can challenge your brain and body in useful ways.
You don't need a fancy gym membership or an elaborate workout plan. A little movement throughout the day can add up!

🍁 Beat the November Slump

Here are a few easy ways to keep moving as the weather changes:

- Take a brisk walk: Bundle up, choose suitable footwear, and enjoy some fresh air when conditions allow.
- Break up sitting time: Stand, stretch, or walk around for a few minutes throughout the day.
- Try indoor movement: Put on your favourite music and dance, follow a gentle exercise routine, or explore an indoor walking space.
- Make it social: Invite a friend or family member to join you. Everything is easier when you have a movement buddy!
- Stay safe: Watch for icy sidewalks, dress for the weather, and choose indoor options when outdoor conditions aren't suitable.



🦴 **Don't Let Winter Put Your Body on Pause!**

At Brost Chiropractic, we believe caring for your health means looking at the bigger picture, including how your brain and body work together. Keeping active is one simple way to support your mobility and overall well-being throughout the year.

Remember, movement doesn't have to be intense or complicated to count. Start where you are, find activities you enjoy, and build consistency at your own pace.



The leaves may be falling, but your activity levels don't have to! 🍂 Keep moving, keep smiling, and give your brain and body a reason to thank you.

🇨🇦 SUPPORT OUR VETERANS!

Brost Chiropractic is collecting non-perishable food donations in support of our veterans and the Veterans Association.

📅 **DONATION DRIVE: NOVEMBER 9 – DECEMBER 17, 2026**

🎁 **BRING A DONATION & ENTER TO WIN!**

Bring a non-perishable food donation to our office during business hours.

EVERY TIME YOU BRING IN A DONATION,
YOU GET 5 ENTRIES into our Christmas Prize Basket draw!

❤️ **WHERE TO DONATE**

📍 Brost Chiropractic & Wellness Centre
Mayland Heights Shopping Plaza
120 – 817 – 19 ST NE, Calgary
🕒 OFFICE HOURS

Monday: 12:00 PM – 6:00 PM
Tuesday: 10:30 AM – 5:00 PM
Wednesday: 12:00 PM – 6:00 PM
Thursday: 10:30 AM – 6:00 PM
Friday–Sunday: Closed

📞 **Questions? Call/Text** us at 403.520.5265

❤️ **Thank you for helping us support our veterans and our community.**
🌺 **Lest We Forget.**

Learn more about the Veterans Association: https://veteransassociation.ca/

Gift cards, hygiene, and monetary are always accepted

VETERANS ASSOCIATION

FOOD DRIVE

ITEMS NEEDED

- CHILI
- PEACHES
- PEARS
- FRUIT COCKTAIL
- SALMON
- MANDARIN ORANGES
- TUNA
- CHEF BOYARDEE
- CRANBERRY SAUCE
- BBQ SAUCE
- HAMBURGER HELPER
- HOT CHOCOLATE
- TUNA KITS
- HONEY
- APPLE SAUCE
- PUDDING CUPS
- TURKEYS
- STOVE TOP
- SNACK CRACKERS
- EVAPORATED MILK
- JUICE
- CLEANING SUPPLIES
- GRANOLA BARS

DONATE HERE

- TIM HORTONS
- GAS CARDS
- VISA CARDS
- STORE GIFT CARDS
- CHOCOLATES
- CANDY
- RAZORS
- PAPER TOWEL
- SHAVE CREAM
- SHAMPOO
- SARAN WRAP
- ALUMINUM FOIL
- TOILET PAPER
- INSTANT COFFEE
- DRY BEANS
- CAT/DOG FOOD
- ZIP LOCK BAGS
- RICE
- PICKLES
- SALAD DRESSING
- ASSORTED MEATS
- MAYONAISSE
- CRACKERS/COOKIES

THANK YOU FOR SUPPORTING OUR VETERAN COMMUNITY

Introducing SensiStep™ and SensiStep+™
A new step forward in diabetic foot care

NEW

SensiStep™ | Control + Cushion
Designed for active individuals who might be pre-diabetic and need a combination of foot support and cushioning. They help support alignment, manage pressure, and provide comfort during everyday activities.

SensiStep+™ | Accommodation + Cushion
Designed for individuals whose feet require additional cushioning and pressure management. They feature a soft, conforming material that helps accommodate sensitive areas and redistribute pressure beneath the feet.



SAVE on CUSTOM ORTHOTICS

Get your hands custom orthotic inserts, flip-flops, XP3® Recover Slides & the NEW SensiStep &SensiStep+

Offer ends December 31, 2026

Office Hours

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

🧠 **Know someone whose brain and body could use a better connection?**

Refer them to Brost Chiropractic! Brain-Based Chiropractic focuses on brain-body communication and nervous system function to support clarity, focus, and better function.

✨ Help them clear the fog, reconnect the dots, and get those neurons firing!

October Sudoku Answer

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

November Sudoku

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

Calendars

We have our yearly calendars. Stop in the office and pick up yours.

Choose from:

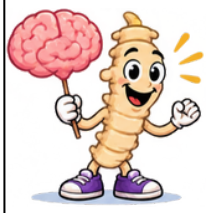
Recipes, Living Healthy, Denis the Menace, Pets & Memes

Yours In Health

Brost Chiropractic & Wellness

Dr. Kolbi Brost, Melissa, Janey & Crystal

November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 My neurons are having a meeting. Looks like things are really firing up!	2 **12:00 - 6:00** 	3 **10:30 - 5:00**	4 **12:00 - 6:00** 	5 **10:30 - 6:00**	6 **Calendars** We have our yearly calendars. Stop in the office and pick up yours. Recipes, Living Healthy, Denis the Menace, Pets & Memes	7
8 Your nervous system is your body's messaging network! It helps coordinate movement, sensation and many automatic functions.	9 **12:00 - 6:00** 	10 **10:30 - 5:00** 	11 **12:00 - 6:00** BRAIN FREEZE? That's one way to lose your train of thought!	12 **10:30 - 6:00** 	13 Balance takes brainpower! Your brain combines information from your eyes, inner ears and body to help you stay upright.	14 
15 	16 **12:00 - 6:00** NOVEMBER IS NO TIME TO BE STIFF! Keep moving!	17 **10:30 - 5:00** 	18 **12:00 - 6:00** I tried to make a nervous system joke, but I got a little twitchy.	19 **10:30 - 6:00** Your brain is adaptable! Neuroplasticity is your brain's ability to change and form new connections.	20 	21 Your brain is busy! It uses roughly 20% of your body's energy while you're resting.
22 	23 **12:00 - 6:00** Move it to improve it! Physical activity can support brain health, mood and memory.	24 **10:30 - 5:00** 	25 **12:00 - 6:00** Mustache you a question... how's your nervous system doing?	26 **10:30 - 6:00** 	27 GIVE YOUR BRAIN A BREAK! It's been carrying the whole operation!	28 
29 Brain cells that fire together, wire together!	30 **12:00 - 6:00**	**10:30 - 5:00**	**12:00 - 6:00**	**10:30 - 6:00** 	WIRED DIFFERENTLY? Your nervous system is kind of a big deal!	A little brain exercise keeps your grey matter from going grey!