

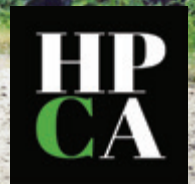
JULY 2023

DELIVERED MONTHLY TO 3,385 HOUSEHOLDS

# HIGHLAND PARK

SUMMIT

THE OFFICIAL HIGHLAND PARK COMMUNITY NEWSLETTER



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## Cute but not cuddly



Don't be fooled by these cutelings! Most wild babies just need to be left alone. Fledging birds are learning to fly while leverets (baby hares) and fawns rely on camouflage for protection while mom forages! Keep pets secure when wild young are around.

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**3716 2 Street NW**

Fall 2023 Registration is Open!  
Visit our website to learn more.

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Mon/Wed/Fri | 9am-11:30am | \$105 per month

Tues/Thurs | 9am-11:30am | \$65 per month

Afternoon Classes

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**PLEASE BE ADVISED THAT NEXT Kids Inc. At Highland Park WILL BE OPENED AS OF MARCH 23, 2020.**

Initial access will be prioritized to **health care practitioners and critical infrastructure workers.**

Additional spaces will then be available to first responders (firefighters and police officers) and others in essential services.

Parents will be notified through their employer if they qualify to send their children to these newly re-opened centers, and will be provided a contact list of centers that have been re-opened.

Eligible parents will contact programs directly, and will be asked to access child care only as required to attend their work in a core service sector.

Parents who qualify for subsidy will receive it. If you need to reach the Program, please call **Courtney Jennings at 587-727-0407** our Director anytime. We will help you with registration and more information regarding our Program.

We thank you all for your work in the essential services, and we can not wait to see you!

**Editorial Content DEADLINE**  
of each month for the next month's issue

## UPCOMING EVENTS AND ACTIVITIES

As always, for more information about the events below, please contact either our Hall Manager, Stephen, at [hallmanager@hpca.ca](mailto:hallmanager@hpca.ca) or 403-276-6969, or contact our volunteer coordinator, Anne, at [volunteer@hpca.ca](mailto:volunteer@hpca.ca).

**HPCA Event Planning Team:** We're looking for some residents to help plan and organize community events as part of an Event Planning Team. Sign up at <https://signup.com/go/ohdkzEs>.

**Friday Night Fires:** Join our volunteer Dee, who hosts a campfire at the Highland Park grounds every Friday evening starting at 6:00 pm, unless there's a fire ban. Feel free to bring something to roast over the fire and your own roasting sticks. Some campfire songs may be sung too!

**HPCA Email List and Website:** Are you new to Highland Park? Make sure you are on our email contact list. We don't send out a lot of emails but when we do, it's about important stuff going on in the community that may not have made it into the newsletter before the deadline. Sign up via our website: [hpca.ca/join-email](http://hpca.ca/join-email). While you are there, have a look at the 'Community Connections' section for information on events, programs, and ways to connect with neighbours to get involved with the community.

**Preschool Fall 2023:** Registration is open now for the school year starting in September. We are also adding a fourth class starting in the fall. Visit [hpca.ca/preschool](http://hpca.ca/preschool) for more information.

**Stamper BBQ Music In the Park – Wednesday, July 12 from 4:30 to 8:00 pm:** Join your neighbours for a low-cost supper BBQ and multiple free live music acts. Bring cash, debit, or credit card for payment. Volunteers are needed to help make this a success. Sign up here: <https://signup.com/go/sOjyjgQ>, and don't forget to wear your western duds! Yahoo!

**Community Pet Day – Sunday, August 13 from 2:00 to 5:00 pm:** On the community greenspace. Come out and connect with other community residents through our pets. You'll be able to learn about Calgary's pet bylaws from city bylaw officers, and get questions answered from veterinarians. This is a free event organized by a community resident, using a neighbourhood grant. Feel free to bring your pet on a leash, along with poop bags.

**Good Food Box – Next Two Order Dates Are Tuesday, August 22, and September 19 (nothing in July):** After many years with no change, the price is increasing by \$5 per box starting in August. You can order in person with Ellen, our volunteer, at our hall between 6:00 and 7:00 pm, or you can e-transfer payment to our Board member, Anne Naumann, at [AnneNaumann@shaw.ca](mailto:AnneNaumann@shaw.ca) with a note re: what size boxes it's for, and we'll submit your order. The pick-up date is always on a Thursday, nine days after the order date, at the hall between 6:00 and 7:00 pm.

**Community Cleanup – Saturday, September 9 from 9:00 am to 1:00 pm:** Mark your calendars and bring your used electronics and metal for recycling, small household items for donation, and whatever else no longer "sparks joy" in your life for the compactor.

**Fall Music in the Park – Tentatively Set for the Evening of Wednesday, September 13:** We need some folks to sign up for our Event Planning Team to ensure this is a success.

**Seniors' Luncheon – Third Tuesday of Each Month, with a Break Over the Summer, Next Ones Are September 19 and October 17:** Price has been \$6 for community members and \$10 for non-members. Registration is required each month so that we have an accurate count for food preparation. Contact [SeniorsCoordinator@HPCA.ca](mailto:SeniorsCoordinator@HPCA.ca).

## Highland Park Hall Rental Rates

**Phone: 403-276-6969**  
**[www.hpca.ca/hall-rental](http://www.hpca.ca/hall-rental)**

We welcome rental enquiries for our facilities. We offer a choice in hall size, a kitchen with an updated stainless steel appliances, a portable bar, a projector, sound system, and loads of tables and chairs.

### Rental Rates:

#### Main Hall – 186 person capacity

\$550/day (8:00 am to 10:00 pm) or \$55/hour; \$500 damage deposit

#### North Hall – 60 person capacity

\$400/day (8:00 am to 10:00 pm) or \$44/hour; \$400 damage deposit

There is a once per year 25% discount for HPCA area residents with a current membership.

All rentals are subject to GST.

Our facilities can only be rented until 10:00 pm.

# JULY 2023 HIGHLAND PARK HALL CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1. MH 8:00 am to 10:00 pm Najera
2. All Halls 8:00 am to noon Peace Church MHB until 2:00 pm MH 2:00 to 4:00 pm Mentoring Minds	3. MH 6:30 to 9:00 pm Bunbukan Karate	4. MH 7:00 to 9:00 pm Forge Martial Arts	5. MH 11:00 am to 7:00 pm Lindsay	6. MH 7:00 to 9:00 pm Forge Martial Arts	7. MH 6:00 to 9:30 pm Paramita Centre	8. MH 10:30 am to 2:30 pm Chen
9. All Halls 8:00 am to noon Peace Church MHB until 2:00 pm MH 1:00 to 8:00 pm Mountainview SDA Church	10. MH 6:30 to 9:00 pm Bunbukan Karate	11. MH 7:00 to 9:00 pm Forge Martial Arts	12. MH, NH, Greenspace HPCA 3:00 to 10:00 pm	13. MH 7:00 to 9:00 pm Forge Martial Arts	14. MH 6:30 to 9:30 pm YDS Canada	15. MH 8:00 am to 10:00 pm Balanquit
16. All Halls 8:00 am to noon Peace Church MHB until 2:00 pm	17. MH 6:30 to 9:00 pm Bunbukan Karate	18. NH 8:00 am to 5:00 pm Marianne Summer Camp MH 7:00 to 9:00 pm Forge Martial Arts	19. NH 8:00 am to 5:00 pm Marianne Summer Camp MH 2:00 to 10:00 pm Sumalinog	20. NH 8:00 am to 5:00 pm Marianne Summer Camp MH 7:00 to 9:00 pm Forge Martial Arts	21. MH 6:30 to 9:30 pm YDS Canada	22. MH 5:30 to 8:30 pm Science of Spirituality MH 6:00 am to 3:00 pm St Uriel Calgary
23. All Halls 8:00 am to noon Peace Church MHB until 2:00 pm NH 12:30 to 6:30 pm Umarah	24. MH 6:30 to 9:00 pm Bunbukan Karate	25. MH 7:00 to 9:00 pm Forge Martial Arts	26. Lobby 1:00 to 3:00 pm Northminster United Church	27. MH 7:00 to 9:00 pm Forge Martial Arts	28. MH 6:30 to 9:30 pm YDS Canada	29. MH 8:00 am to 10:00 pm Augustine
30. All Halls 8:00 am to noon Peace Church MHB until 2:00 pm	31. MH 6:30 to 9:00 pm Bunbukan Karate					

For the latest hall calendar, please visit [hpca.ca/hall-calendar](http://hpca.ca/hall-calendar).

## Highland Park Community Association **MEMBERSHIP FORM**

Fees: Families - \$20 • Individuals aged 18 to 64 - \$10 • Individual seniors (age 65 & over) - \$5

Associate members (non-residents) - \$10

Memberships good for one year from date of purchase

Please make cheques payable to: Highland Park Community Association

Please mail cheque and this form to: Highland Community Association, 3716 – 2 Street NW, Calgary, Alberta T2K 0Y4

Name: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

*\*memberships also available for purchase online at [hpca.ca/membership](http://hpca.ca/membership)*



# How to Get the Most Out of Your Counselling/Therapy Sessions

by Nancy Bergeron, R.Psych. | [nancy@viewpointcalgary.ca](mailto:nancy@viewpointcalgary.ca)

Adapted from Dr. David Burns

### **We understand that therapy can sometimes be challenging**

People often report that unburdening their emotions and past experiences in the first few sessions is relieving. However, therapy often uncovers deeper issues. Opening up and getting to the heart of these concerns takes patience, persistent effort, and fostering a positive relationship with your counsellor. It takes time to build a strong therapeutic bond and rapport, and this is essential in creating the trust necessary to go to those deeper places where real change takes place.

### **Consistency will help you reach your goals**

If you wanted to improve your fitness and saw your physical trainer once every three months, you probably wouldn't be surprised when you didn't see the results you wanted. Similarly, therapy needs commitment and consistency to work through your concerns and be effective. Of course, your counsellor understands there are many demands on your time and resources. By collaborating with your counsellor, you can create a reasonable plan that balances your commitment to your wellbeing with all your other commitments. This is also why sometimes your therapist may assign you homework or other types of activities to practice between sessions.

### **Providing feedback will help your counsellor know what is/isn't working for you**

Counsellors strive to build positive, non-judgmental, and compassionate therapeutic relationships, understanding this is beneficial for you and the therapeutic process. Despite this emotional and professional commitment, challenges in therapy can sometimes break down open communication and hinder the process. Providing feedback allows your counsellor to understand what has happened and work to repair any concerns you may have. A great therapist will provide a feedback form that can be filled out at

the end of each session. Here you can let your therapist know what you liked best in the session, what you liked the least, and if there were things you had hoped to discuss that may have been missed. This allows your therapist to constantly adjust and better hone their skills to your needs.

### **Mutually agreeing to end therapy when you are ready**

When you and your counsellor recognize you are ready to move on, it can be exciting for both of you. In order to ensure you finish on a positive note, your counsellor will help you plan how to maintain your progress and what to do if you encounter concerns again. You have a fresh start, and your counsellor will be there in the future if needed.

Sometimes clients end therapy without talking with their counsellor, leaving their counsellor to wonder what happened. Not only can this make it more difficult for clients to maintain progress, but they may also feel they have lost a potential future support. If the counsellor can't reach the client, it also leaves the counsellor wondering what happened. Did my client feel enough progress had already been made? Did something go wrong? Did I say or do something that upset my client? Counsellors invest emotionally and professionally in the therapeutic relationship and appreciate feedback that lets them know what is happening. Your counsellor will always strive to treat you and your decisions with compassion and respect. In return, you can help your counsellor by communicating any concerns and showing that you understand they deserve compassion and respect too.

## PLANNING AND DEVELOPMENT REPORT

Our development director, Jeanne, is currently away on a much-deserved vacation. The next development report will appear in next month's newsletter.



# Highland Park Community Association

☎ 403-276-6969 📍 3716 2 St NW

## BOARD OF DIRECTORS

President	Elise Bieche
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Director	Donna Marzolf
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Director	Jill Kowalchuk
Director	Anne Naumann
Director	Braiden Valdarchi
Director	Amrit Kaur

## COMMUNITY CONTACTS

Website	www.hpca.ca
Facility Rental and Management	Stephen Wright, 403-276-6969 hallmanager@hpca.ca
Facility Rental Availability Calendar	hpca.ca/hall-calendar
Newsletter/Website Editor	Braiden Valdarchi media@hpca.ca
Good Food Box	Ellen Peterson goodfoodbox@hpca.ca
Development Review	Jeanne Kimber development@hpca.ca
Seniors' Luncheon	Rosalind Kohut, 587-349-0870 seniorscoordinator@hpca.ca
Volunteer Coordinator	volunteer@hpca.ca
Block Connector/ Human Library	connections@hpca.ca
Activity Kits Booking and Info	activitykits@hpca.ca
Community Social Worker	Jennifer Dimarzo, 403-476-7295 jennifer.dimarzo@calgary.ca
Ward 4 Councillor	Sean Chu, 403-268-3727 sean.chu@calgary.ca
Police Service	Cst. Raeann Watson, District 3 pol5218@calgarypolice.ca, 403-860-8027
Bylaw Infractions	Call 311 or complete form on line at: www.calgary.ca/311online

## CRIME STATISTICS



### Highland Park Crime Activity was Unchanged in May 2023

The Highland Park community experienced 11 crimes in May 2023, in comparison to 11 crimes the previous month, and 16 crimes in May one year ago. Highland Park experiences an average of 13.8 crimes per month. On an annual basis, Highland Park experienced a total of 165 crimes as of May 2023, which is down 15% in comparison to 195 crimes as of May 2022. To review the full Highland Park Crime report visit [hila.mycalgary.com](http://hila.mycalgary.com).

### Highwood Crime Activity was Down in May 2023

The Highwood community experienced 3 crimes in May 2023, in comparison to 4 crimes the previous month, and 10 crimes in May one year ago. Highwood experiences an average of 7.6 crimes per month. On an annual basis, Highwood experienced a total of 91 crimes as of May 2023, which is down 6% in comparison to 97 crimes as of May 2022. To review the full Highwood Crime report visit [high.mycalgary.com](http://high.mycalgary.com).

*How To Report Crime In Highland Park | Highwood: Dial 911 for emergencies or crimes in progress. For non-emergencies dial (403) 266-1234. To report a crime anonymously, contact Crime Stoppers at 1-800-222-8477 (Talk, Type or Text), submit tips online at [crimestoppers.ab.ca](http://crimestoppers.ab.ca), or text tttTIPS to 274637.*

## The Good Food Box

The Good Food Box is a Community Kitchen initiative available to anyone, not just residents of Highland Park. You can pay in two ways: 1) by e-transfer to our Board Member, Anne Naumann, at [AnneNaumann@shaw.ca](mailto:AnneNaumann@shaw.ca) before 4:30 pm on the Tuesday order date, or 2) with cash or cheque at the hall on the order date, between 6:00 and 7:00 pm. The pick-up date and time for the ordered boxes is always nine days later, on a Thursday, at the HPCA hall between 6:00 and 7:00 pm.

**Large Box:** 45 to 50 lbs = \$40

**Medium Box:** 35 to 40 lbs = \$35

**Small Box:** 25 to 30 lbs = \$30

For more information, contact our volunteer, Ellen Peterson, at [GoodFoodBox@HPCA.ca](mailto:GoodFoodBox@HPCA.ca).

**ORDER DATE:**

**PICK-UP DATE:**

No Good Food Box for July.

Tuesday, August 22

Thursday, August 31





Councillor, Ward 4

**Sean Chu**

403-268-3727

ward04@calgary.ca

www.calgary.ca/ward4

www.seanchu.ca



Calgary Confederation

**Len Webber, MP**

2020 – 10 St NW

Calgary, AB T2M 3M2

403-220-0888

len.webber@parl.gc.ca

Dear Residents of Ward 4,

### Enjoy Off-Leash Dog Parks Safely This Summer

Calgary is a haven for dog lovers, with numerous off-leash parks. Prioritize safety and ensure enjoyable interactions by following these guidelines:

- Familiarize yourself with park rules, size restrictions, leash policies, and vaccinations.
- Prioritize training and socialization to manage your dog's behavior.
- Maintain supervision and control over your dog's actions.
- Establish open communication with fellow dog owners, respecting their space.
- Bring essential supplies, including water and waste bags, for cleanliness and hygiene.

Calgary's off-leash dog parks provide a fantastic opportunity for dogs to socialize and have fun. Learn more about responsible pet ownership at [calgary.ca/pets/licences](http://calgary.ca/pets/licences).

### Conserve Water Outdoors in Calgary's Hot and Dry Summer

Let's maximize our outdoor water usage while being mindful of our dry climate, which is prone to droughts and strains our rivers and water supply. To create a water-efficient home and yard and prepare for dry conditions, follow these tips:

- Water in the early morning or evening, before 7:00 am or after it rains.
- Monitor the weather forecast and avoid watering when rain is expected.
- Give plants the right amount of water according to their needs. Check plant tags for guidance.
- Use soaker hoses, drip irrigation, or hand watering to target plant roots and minimize evaporation.
- Make use of rainwater by installing a rain barrel and watering trees, shrubs, and flowers.

Visit [calgary.ca/waterguide](http://calgary.ca/waterguide) for more water-efficient yard tips and practical advice on watering plants, maintaining lawns, and using irrigation systems.

May your summer be filled with joy and sunshine!

Thank you for your attention.

Best regards,

Sean Chu

### Volunteer To Make A Difference

Canada Day is an opportunity to celebrate our country and all those who make it better. This July, I encourage you to give back to our community and reflect on those who regularly donate their time for its improvement.

If someone in your life has made significant, sustained, and unpaid contributions to their community in Canada or abroad, they may be eligible for recognition through the Sovereign's Medal for Volunteers. This prestigious award, presented annually by the Governor General of Canada, recognizes the outstanding volunteer achievements of Canadians embodying the caring country we aspire towards. It is the highest honour for volunteer service that an individual can receive within the Canadian Honours System, replacing the Governor General's Caring Canadian Award in 2016.

Recipients must have demonstrated exceptional dedication, leadership, and commitment to volunteerism, generally for a period of 10 or more years. They must have also made a significant impact on the lives of others and contributed to the betterment of their communities.

The award is open to Canadians of all ages, backgrounds, and regions. Nominees are evaluated based on the scope, impact, and duration of their volunteer work.

In 2022, 23 individuals from across Canada were honoured including youth, seniors, and individuals with disabilities. Their volunteer work included supporting vulnerable populations, protecting the environment, and promoting cultural diversity and inclusivity. Their achievements serve as an inspiration to all Canadians and demonstrate the power of volunteerism to create positive change in our communities.

Please keep in mind that you must be directly aware of the volunteer contributions made by the individual you wish to nominate, and you must know them well enough to be able to provide their contact information and details of their volunteer work. If this sounds like someone you know, I encourage you to learn more at [www.gg.ca/en/honours/canadian-honours/sovereigns-medal-volunteers](http://www.gg.ca/en/honours/canadian-honours/sovereigns-medal-volunteers).



# BUSINESS CLASSIFIEDS

For business classified ad rates contact Great News Media at 403-720-0762 or [sales@greatnewsmedia.ca](mailto:sales@greatnewsmedia.ca)

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**HIGHLAND PARK | HIGHWOOD MORTGAGE BROKER:** Save a bunch of cash! As a Calgary mortgage broker, I have helped your neighbors navigate their purchase, refinance, and renewal options. If you are looking for expert mortgage advice, excellent rates, many options, and better financing, Call Anita at 403-771-8771 | [anita@anitamortgage.ca](mailto:anita@anitamortgage.ca) | Licensed by Avenue Financial.

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**NEIGHBOURHOOD CONFLICT?** Community Mediation Calgary Society (CMCS) is a no-cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! [www.communitymediation.ca](http://www.communitymediation.ca), 403-269-2707.

**GUTTER DOCTOR:** Home exterior services. We do eavestrough cleaning, repairs, and installation as well as downspouts, fascia, soffit, siding, roofing, cladding, leaf screens, and heat cables. Local business for over 20 years with more than 50,000 happy customers! Licensed, insured, and WCB. A+ rated BBB member. Multi award-winner. Quality work with a warranty! [www.gutterdoctor.ca](http://www.gutterdoctor.ca), 403-714-0711.

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SCAN HERE TO VIEW ADDITIONAL CONTENT: NEWS, EVENTS, CRIME STATS, REAL ESTATE STATS, & MORE

HIGHLAND PARK



HIGHWOOD





## News from the Friends of Nose Hill

by Anne Burke

### Guided Plant and Herb Walk

A guided plant and herb walk on Nose Hill taught attendees about local landscape and ecology (living things and habitat). The group identified plants, whether edible or poisonous ones, as well as invasive plants (weeds) and native species.

There is much interest in traditional medicine and modern uses. Agrology deals with the natural, economic, and social sciences related to environmental protection. The walk leader, as a member of the Alberta Institute of Agrologists, has studied the application of science to agriculture. It is important to understand that Calgary's Parks & Pathways Bylaw prohibits foraging as part of these events.

### City Nature Challenge 2023

Here are the results for the City Nature Challenge 2023! Across Canada, 43 cities were in this year's challenge. Calgary was first for observers, with 9,185 who reported 775 species. Calgary came in fourth for 347 observations. Globally, there were 482 cities, with 66,394 participants who reported 57, 227 species, including 2,570 rare, endangered, or threatened ones.

### World Migratory Bird Day

Light pollution remains a threat to migrating birds. To raise awareness in Canada, World Migratory Bird Day was on the second Saturday in May and, in South America, will be on the second Saturday in October.

## HIGHLAND PARK COMMUNITY SENIORS' LUNCHEON

\$6 per person for HPCA members  
\$10 per person for non-members of HPCA  
**Next Lunch:** September 19 at 11:30 am  
Contact [SeniorsCoordinator@HPCA.ca](mailto:SeniorsCoordinator@HPCA.ca)  
or 587-439-7263 to register to attend.

Highland Park Community Association  
Presents



# Pet Day

Connecting People through Pets  
A FREE EVENT

On 13th Aug Sunday from 2 PM to 5 PM  
Please bring your lovely pets to  
3716 - 2nd street NW, Calgary, T2K0Y4  
(Highland Park Community Association Ground)



Guest Speaker "Veterinarian" info & Q/A session  
Adoption Drive - Vendors - Animal By-Law  
All are welcome



The Pet Day is a collaborative effort of the City of Calgary and Highland Park Community Association, funded by Neighbourhood Grants.



## HIGHLAND PARK'S BLOCK CONNECTOR PROGRAM

Join the Highland Park Block Connector Program to:

- Connect with your neighbours
- Learn about local resources and opportunities
- Create some fun on your block!

Contact Jennifer DiMarzo with the City of Calgary at [jdimarzo@calgary.ca](mailto:jdimarzo@calgary.ca) for more information.

# Recipes for Your Good Food Box

by Anne Naumann

Check the 'Upcoming Events' article elsewhere in this newsletter regarding the upcoming Good Food Box order & pick-up dates. Note that the price is increasing starting in August and there is no order date in July. Please keep in mind that if you are ordering via e-transfer to me at AnneNaumann@shaw.ca for the first time, we ask that you also send us a follow-up email to GoodFoodBox@hpca.ca with your contact information (phone and email) so we can contact you to remind you about the pick-up date and the next order date. If you are a new customer, we also need some basic demographics from you regarding how many people your box order will feed: number of adults (18 to 65), youth (0 to 17), seniors (65+), and families. We provide a summary of this information to the Community Kitchen folks for their grant reporting each month; they coordinate the GFB program in Calgary and supply the boxes.

The most recent small Good Food Box (\$25) I ordered contained the following: three red peppers, three bananas, three navel oranges, two mangoes, two lb. carrots, one head iceberg lettuce, three apples, one yam, one eggplant, one zucchini. one head of garlic, five lbs. potatoes, and three lbs. onions.

Here's a recipe that uses some of the garlic, and some of the lemons you may have left over from another box.

## Homemade Hummus

Makes multiple servings

**Prep and Cook Time:** No cooking required; prep time is approximately 10 minutes

**Kitchen Supplies Needed:** Food processor or blender

### Ingredients:

- 1 large can (about 2 cups) of chickpeas (aka garbanzo beans), drained (reserve liquid) and rinsed
- ¼ cup olive oil, plus a bit extra for drizzling otop of the served hummus
- 2 cloves garlic, peeled
- Salt and pepper to taste
- 1 Tbsp. ground cumin, or to taste, with a bit extra for garnish
- Juice from 1 lemon, cut in half (or about 2 Tbsp. of lemon juice)
- Water
- 1 to 2 Tbsp. chopped parsley, for garnish

### Directions:

- Put everything except the parsley in the food processor or blender, and blend. Add chickpea liquid or water until it is a smooth puree.
- Scoop into a bowl, and garnish with a drizzle of olive oil and chopped parsley. Serve as a dip with raw vegetables or crackers, or with pita bread.



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# BEDDINGTON CHIROPRACTIC & MASSAGE

## Why Choose Chiropractic?

- Back pain
- Neck pain
- Pregnancy pain
- Preventative care
- Car accident injury
- Kids/ teens injuries
- Seniors (arthritis)
- Headaches

During her decade long career as a chiropractor, Dr. Brennan has had the opportunity to provide chiropractic treatment to patients suffering from chronic illnesses (including chronic pain), high risk individuals, those healing after motor vehicle accidents, seniors, infants and children, sedentary populations, weekend warriors, and those seeking wellness care.

After becoming a mother, Dr. Sarah developed a special interest in working with women throughout all stages of motherhood, beginning in pregnancy and continuing with healing and rehab in the postpartum period. She uses a variety of gentle chiropractic techniques and exercises to help women achieve their optimal state of health.

Dr. Brennan is now expanding her practice in Beddington and accepting new and returning patients for chiropractic care.



**Dr. Sarah Brennan**  
Chiropractor  
CMCC 2013

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