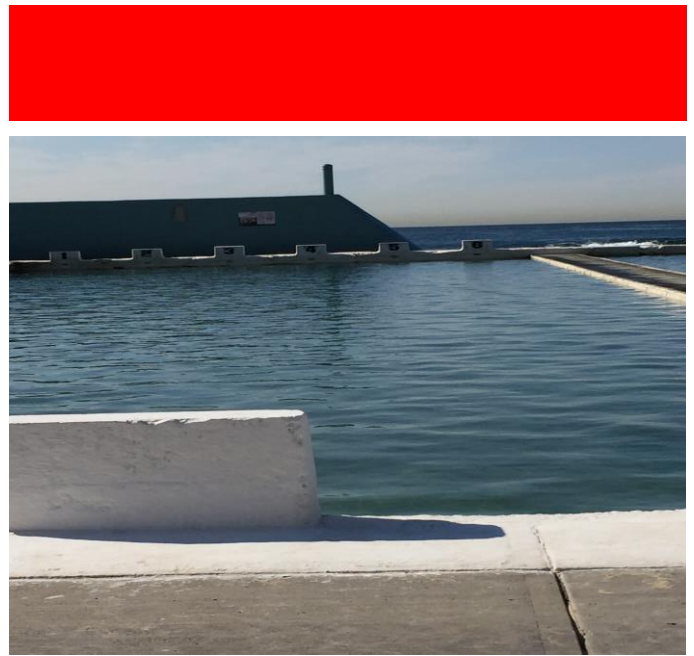


October 2019

Get Spine Active

Such an awesome time of year to move!
Daylight savings & warmer weather means
it's time to join in with the rest of the world on
October 16th for #getspineactive day! For us
– we want to be active each & every day....

#GetSpineActive #TransitionsChiro



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--------------------------|---|---|----------|--------|---|
| Create your MOVEMENT calendar today& inspire | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 #Ride2Work Day and #GetSpineActive Day | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | #TransitionsChiro helping you live life without limits since 2013. |
| Get involved. Get active. Enjoy. | Outdoors are awesome! | Movement is life, life is Movement. | Posture. Nature's way of expressing energy. | | | Stay tuned on Social, prizes, inspiration, ideas & more to follow |

[School Holiday
Inflatable Fun @
the Station
Newcastle Sept
30 - Oct 13th](#)

[Teddy Bears
Picnic October 1st
or October 11th](#)

[Urban Arts
Workshop Sept
30th - Oct 9th](#)

[Newcastle
Triathlon Club try
a Tri.
Fernleigh 15](#)

[Newcastle's
International 1/2
marathon
Pure Run](#)

[Do the 5 for Police
Legacy
Newy ParkRun](#)