



SERVING

EXCEPTIONAL



CARE



RESTORING



BALANCED

WHOLENESS



Each of us has
a spark of life inside us,
and our highest endeavour
ought to be
to set off that spark
in one another.

Anonymous



Cafe of Life
CHIROPRACTIC STUDIO

Dr. Melissa Senger
403-262-1403

#112, 535 - 8th Ave SE, Calgary AB T2G 5S9
melissa@cafeoflifecalgary.com
www.cafeoflifecalgary.com

RELEASE
EVOLVE
BALANCE
ADJUST
CONNECT
EXPRESS
ADAPT
TRANSFORM



Cafe of Life
CHIROPRACTIC STUDIO

Dr. Melissa Senger
403-262-1403

#112, 535 - 8th Ave SE, Calgary
www.cafeoflifecalgary.com

APPROACH

A nurturing environment with a warm human connection is the atmosphere that Dr. Senger creates in her practice. The Café of Life is a place where care is always provided through an understanding and respect for the power that creates life.



GENUINE INTEREST IN YOU

Always interested in helping others, Melissa Senger followed her fascination with the inner workings of the human body, to study at the Canadian Memorial Chiropractic College in Toronto.

Dr. Senger's quest for knowledge in many types of healing systems and spiritual pursuits enables her to inspire people to create health and abundance in their lives.

Born and raised in Saskatchewan, Dr. Senger moved to Calgary in 2003 to begin her practice.



POSITIVE APPROACH TO HEALTH

Serving people and empowering individuals by assisting in the reconnection of the healing power within is what the Café of Life is about.

TREATMENTS

SKILLED ASSESSMENT

On your first visit, an open exchange of information is followed by a skilled, efficient assessment of your spine and nerve system. This initial step will provide goals for your treatment.

RELAXED PREPARATION

A combination of deep breathing and slight changes in your body positioning are used to relax and calm you. This preparation of the body to receive change is followed by a very specific adjustment. Dr. Senger's precise, low-force adjustments are delivered with knowledge, thoughtfulness and loving care.

Dr. Senger is attentive to your body's responses throughout your visit and leaves you with confidence in your body's ability to reconnect, adjust and improve.



ADDITIONAL SERVICES

Ask about these options for immune system boost, improving skin condition, pain relief, weight loss, cellulite reduction and more.

Infrared Sauna

30 minute treat in the heat!

Focus Energy Footbath Detoxification

Cleanse your body from the inside out.

RESULTS

In Dr. Senger's practice, chiropractic adjustments are delivered to free up life force, allowing every individual to enjoy more *life*.

The path from where you are now to a place of optimum inner balance can involve clearing physical, emotional, mental and spiritual challenges. A properly functioning nerve system encouraging greater life expression has the potential to improve all areas of your life.



FREEDOM FROM NECK & BACK PAIN

HIGHER QUALITY OF LIFE

STRENGTHEN YOUR MIND AND BODY

BOOST ENERGY LEVELS

IMPROVE POSTURE

ENHANCE YOUR IMMUNE SYSTEM

ENJOY A HEALTHY PREGNANCY

Get started on your way to living with more vitality. Call 403-262-1403 or email melissa@cafeoflifecalgary.com



Dr. Melissa Senger

Dr. Senger looks forward to meeting and serving new clients in her Café of Life, offering generous helpings of care and concern for you and your family.