



Straighten up this week

THE Chiropractic Association of Ireland (CAI) is encouraging adults and children in Kildare to improve posture and overall wellbeing during the sixth annual 'Straighten Up Ireland' Week. The campaign began yesterday Monday 13 October and runs for a full week to include **World Spine Day**, on Thursday 16 October. Local chiropractors Dr Ellen Finnegan and Dr Richard Wakefield of (Clane Chiropractic, Main Street, Clane) and Dr Erina Olsen from Maynooth will offer free spinal checks during 'Straighten up Ireland' Week as part of their participation in the campaign. 'Straighten Up Ireland' aims to raise awareness of spinal health among adults and children and encourage improved posture to help the people of Kildare to look and feel their best. The CAI has developed a series of simple everyday exercises, which will act to improve posture, stabilise core muscle groups, enhance health and prevent spinal disability. Information leaflets advising how to do the exercises are also available for download. For more about Straighten Up Week log on to www.chiropractic.ie