

**Ontario Chamber of Commerce  
January Business of the Month  
Ontario Family Chiropractic  
1791 Ridge Road**



Doctor Teon S. Kowalyk is a graduate of Palmer College of Chiropractic in Iowa and has a Bachelors Degree in Kinesiology from University of Western Ontario, Canada. After graduation Dr. Kowalyk worked as an associate doctor for two years.

With family in Ontario Canada and Pennsylvania, I was looking to move into the Rochester area. Dr. Kowalyk purchased the practice in January 2008 and has seen an increase in the practice of about 35% since then.

Dr. Kowalyk is a familiar face in Wayne County and Eastern Monroe County because of the health talks he gives. Dr. Kowalyk is trying to promote a health wellness lifestyle and to help people understand that you need to start taking care of yourself instead of depending on medications and surgery.

The practice has grown from headaches and back pain to one that includes families coming in for a variety of digestive problems and different health issues. I try to get families on track with nutritional counseling, different exercises and chiropractic adjustments.

The Chiropractic professions main challenge is to place itself into people's wellness and prevention mindset. Many times people think the only option to back pain or a health challenge is a drug. The only way to change is through education and prevention health talks. The education will take place one family and one community at a time. Eat well (choose foods that enhance nutrition), think well (a positive attitude helps), move well (chiropractic exercise/taking care of your spine). Dr. Kowalyk is a firm believer in a proactive approach to healthy living.

In an effort to provide a more complete healthful life style, Ontario Family Chiropractic carries only five star (the highest rating) vitamins. These five star vitamins are recommended by the Canadian Government as the result of a \$30,000,000 study.

Dr. Kowalyk provides a wealth of information and many links to healthful information on the web. Check out Ontario Family Chiropractic @: <http://ontariofamilychiro.com/>

Ontario Family Chiropractic has two full time employees and one part time employee.

Office hours are:

**Monday 8:00 – 12:00, 2:00 – 5:00**

**Tuesday 8:00 – 12:00**

**Wednesday 8:00 – 12:00, 2:00 – 5:00**

**Thursday 8:00 – 12:00, 2:00 – 5:00**

**Phone: (315) 524-2835**

**Congratulations to Ontario Family Chiropractic as Business of the Month for January.**

Ontario Chamber of Commerce is pleased to salute this Ontario Business as the “**Business of the Month.**” The customized “**Business of the Month**” announcement sign is posted at their business. They are also featured in the WAYNE COUNTY MAIL, and the WEBSTER-ONTARIO PENNYSAYER.