



Beaches Health Group®

In This Issue

Greetings from Dr.
Robazza

Introducing Carrie

About Yvette

Introducing Jennette

Dr. Kelly Robazza



Spring is an ideal time to begin a new health and fitness routine. Personally, I do a Isagenix 30-day cleanse coupled with an intensive workout regime, which gets me in shape for the summer. Whatever goals you are moving toward, it's time to rid your body of any injuries collected over the winter and begin a new season's activities. Lets enjoy a great summer!

Our Services

- Chiropractic
- Acupuncture
- Active Release Therapy
- Massage Therapy
- Physiotherapy

Massage Therapy
Carrie Grahm, RMT



Carrie is a native of the beaches. She has moved back after spending 20 years in Ottawa where she received most of her training. Carrie joins our team as a Massage Therapist with additional tools such as Crainial Sacral Therapy, Hot Stone Massage and Reiki.

Feature Product

Isagenix



Yvette Sedgewick
Physiotherapist



As a physiotherapist I can work with you to help you achieve your highest level of physical functioning, at any stage of your life, by providing individualized treatment based on your specific needs and goals.

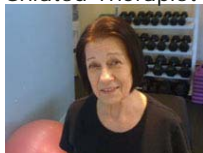
Physiotherapy is recommended for relief of pain; restoring and increasing range of motion in joints; strengthening the extremities, trunk and core muscles; preventing and treating repetitive strain and sports injuries; restore function after surgery or fractures; improve balance, co-ordination and posture; and for maximizing independence and function.

Other Services

- Shiatsu
- Yoga
- Pilates
- Fitness Classes
- Gym Membership
- Nutrition Counselling

No referrals are necessary for a physiotherapy assessment or for treatment.

Jeanette Blais
Shiatsu Therapist



Our newest team member Jeannette Blais, Dipl. ST. NHPC, is a certified Shiatsu Therapist and Registered Holistic Nutritionist who has been in practice for many years.

Jeanette offers a number of treatments that can help re-establish the balance your body needs... physically, mentally and emotionally; including Shiatsu Therapy, Thai stretching, Ampuku abdominal massage and Reflexology. Shiatsu is an oriental healing therapy that helps release tension and toxins from the muscles and allows the body to relax deeply. Come in today and ask how Jeannette's holistic approach to wellness can help you!

**SAVE
\$35.00**

Shiatsu Therapy

Take advantage of our current special! Receive a one and a half hour treatment (valued at 115.00) for the cost of a one hour treatment (\$ 80). For limited time only.

Offer Expires: June 30th, 2010

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