



# Beaches Health Group®

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## Our Services

**Chiropractic  
Acupuncture  
Active Release  
Therapy  
Massage Therapy  
Physiotherapy**

## Feature Product

## Isagenix



Dr. Kelly Robazza



Hey everyone!

Hope you enjoyed a fantastic Thanksgiving Holiday. If you are interested in a fall program for fitness and weight loss, I am collecting a group of committed people. We will get together weekly for weigh ins, measurements, and accountability. By the way, measuring and weigh ins are done discreetly and in private I typically will drop around 20 lbs in the 30 days and feel great doing it. If you've had a lazy summer and want to kick start for the fall season, give us a call and sign up for our first session Oct 27 at 7 PM. Each weekly session should take about 1/2 hour.

Sincerely

Dr. Kelly Robazza

Personal Training  
Cortney Benedict



Are you having a hard time getting your healthy eating patterns and regular exercise routine back on track? Join our "Isagenix Healthy Living Group" for nutritional counseling and 1-hour exercise program happening once a week. Whether you are interested in major weight loss, enhancing athletic endurance, or overall core strength maintenance, this program will help you transform your body towards a healthier and stronger new you! To determine what plan is right for you, please schedule a complimentary consult with Cortney Benedict, post-rehab personal trainer.

Massage Therapy  
Rebecca Henry



Beaches Health Group would like to welcome the newest member of our team--Rebecca. Many people have asked for a female message therapist, and she has arrived! She is upbeat professional individual who will have a lot to offer our facility. She was the highest ranking student amongst her classmates and was also the Class Ambassador while receiving her Massage Therapy Registration. In addition, she has a degree in Psychology. Rebecca's hours will be Monday 12:00 p.m. to 8:00 p.m., Friday 12:00 p.m. to 8:00 p.m., and Saturday 9:00 a.m. to 5:00 p.m. She looks forward to meeting any new and existing patients at Beaches Health Group.

John Wright  
Physiotherapist

My philosophy: catch imbalances in strength, habit and function before they become risks. Painful movement and falls are common outcomes of imbalance, which can cause injury and dysfunction. By correcting these issues now you can live free of pain and minimize the degeneration

I graduated in 1996 from the University of Western Ontario. My background includes critical and acute hospital care, rehabilitation and clinical musculoskeletal work. I also was an 'aerobics instructor' for 15

## Other Services

Yoga

- Fitness Classes**
- Gym Membership**
- Nutrition Counseling**
- Gift Certificates**



years back in the day. A 'big picture' approach to physiotherapy is my philosophy.



We would like to thank all of you who participated in our Susan Cooper Fundraiser. She was delighted to see everyone and overwhelmed by your generosity. I would like to also thank our entire staff who donated their time and energy toward Susan's cause. Hopefully she can focus on her health for a little while and not her finances.

Thanks again for being such a great support of one of our beaches Health Group "family" members.

Sincerely,

**Cenna Brown**  
Office Manager

**SAVE**

**Free  
Fitness  
Session**

**Buy one personal training session  
with Cortney and get the 2nd session  
free**

**Value  
\$ 70.00**

Offer Expires: October 30th, 2010

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