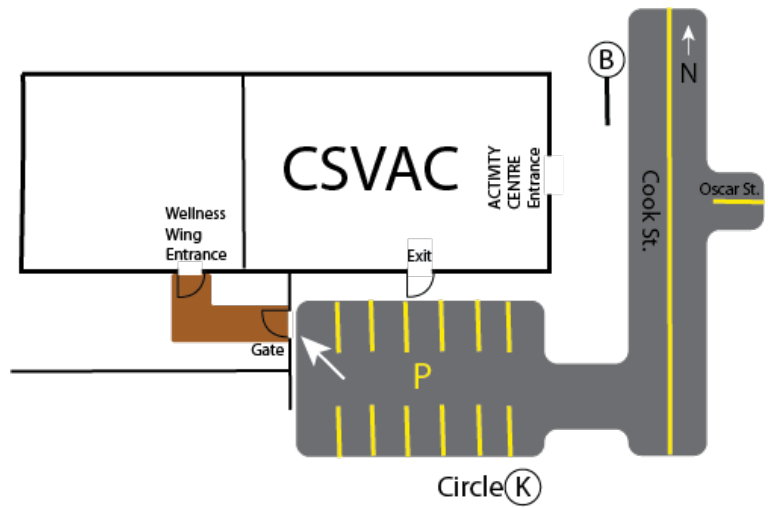




# WELLNESS CENTRE

## HOW TO FIND OUR WELLNESS CENTRE?

At the back of the parking lot you will find a brick pathway which will take you to the Wellness Centre entry. If you are a health practitioner who is interested in joining our dynamic team, please connect with our Executive Director  
[executivedir@csvac.ca](mailto:executivedir@csvac.ca)



## MOBILITY AID REPAIR CLINIC

It can be hard to get your walker/rollator, wheelchair, or scooter to the shop to make sure everything has been tightened up properly. Come to the Centre and get your mobility aid ready for the fall/winter seasons.

Date: First Wednesday of every month

Time: 10:00am

Cost: Free

## HEARING CLINICS

Hearing well is important. We want you to enjoy all of the sounds around you at the Centre and at home. Watch the Happenings newsletter for dates and times when NexGen and Connect Hearing will be onsite offering free hearing screening tests. You can always add your name to the interest list and be one of the first to get an appointment.

NexGen Hearing

Date: February 21 and

April 25

Time: 1:00pm–4:00pm

Cost: Free

More dates to come. Watch for announcements in the Happenings

Connect Hearing

Date: TBA

Time: TBA

Cost: Free

Book your appointment at the front desk or call 250-590-1336

## JUST LIKE FAMILY

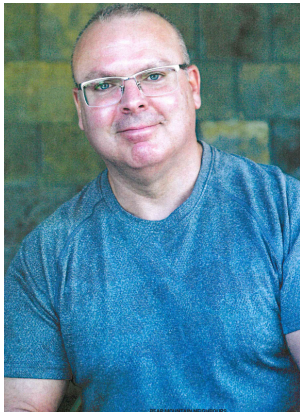
Come and meet the team at Just Like Family. We provide a continuity of Care and consistent caregivers. We are relationship based – We care for our clients as though they are family, while allowing them to successfully age in place. We focus on compassion, support, and companionship. We know that health is important and follow all COVID-19 protocols to protect our clients and staff. We are a social enterprise, paying a living wage and benefits to our caregivers, while being environmentally and socially conscious. We offer compassion and empathy for those facing isolation and loneliness, inclusion and support to everyone, humanity affirmed and made visible for those needing care, giving people a voice, working as the eyes, ears, and hands for extended families.

We offer many supports to our clients including meal preparations, grocery shopping, housekeeping, laundry, personal care, transportation to activities or appointments, walk the dog (s), assistance with exercise programs, and brain-stimulating activities. For more information and to meet the team stop by the Wellness Centre or connect with them at 250-882-2554 and check them out online at <https://www.justlikefamily.ca/locations/british-columbia/victoria>.

## INCOME TAX CLINIC

Once again we are hosting the CVITP tax preparation clinics. These clinics have an income threshold of about 45,000 annual income. We are unable to process return for business bankruptcies, the early departed etc. Simple, current year returns only. We will be able to start taking appointments in February. Clinics run March and April.  
-More information to come-

## SERVICE PROVIDER: KEIR WYMAN



Keir Wyman graduated from the Canadian College of Massage and Hydrotherapy, Halifax, Nova Scotia in 2006, and has been practicing since. He is trained in Clinical Massage Therapy and is very well versed in orthopedic assessment and treatment-based massage. He also earned a specialization certificate in Sports Massage working with athletes at Dalhousie University in Halifax. Keir is hoping to expand his hours at the Wellness Centre this fall. Check in to find out if more appointments are available. Appointment required.

Keir offers relaxation and body work massage including deep tissue, trigger point, and myofascial release.

### THERAPEUTIC MASSAGE

Keir offers relaxation and body work massage including deep tissue, trigger point, and myofascial release.

### REIKI

This Japanese therapy uses hands-on or no-touch, with visualization techniques to help improve the flow of life force energy which can encourage emotional and physical healing. Treatments are designed to relieve pain, stiffness, and postural misalignments

### GEM STONE MASSAGE

Back and neck relaxation massage followed by reiki with gemstones placed over the 7 chakras.

Day: Tuesday to Thursday / Fridays: 8:00am-12:00pm

Time: 8:00am – 4:00pm

Cost: \$50/30min, \$60/45min, \$80/60min, \$110/90min, \$140/120min

## SERVICE PROVIDER: ALPINA POLOTSKAYA

Meet our newest wellness practitioner, Alpina Polotskaya who has over 25 years of experience in massage therapy, working in Vancouver and Dublin. With a degree in Sports Injury Massage, she has worked extensively in Russian rehabilitation centers where she practiced Deep Tissue and Sports massage therapies.

In the past 20 years, she has been trained in various massage therapies in Ireland, New Zealand, Thailand, India, and Russia. Using the holistic approach, she offers a therapeutic massage that combines those practices for the best experience. Appointment required.



### THERAPEUTIC MASSAGE

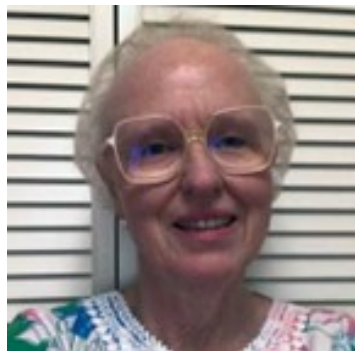
Full Body Massage includes Swedish massage for the back, neck, and shoulders; elements of Russian sport massage for the legs. Elements of Thai reflexology for the feet and Indian Head Massage elements. The therapist relaxes the muscles by applying various degrees of pressure and strokes in the direction of blood flow towards the heart to stimulate the circulatory function and promote the release of endorphins in the brain for an energizing treatment.

Day: Monday to Friday Time: 3:45pm-5:30pm

Cost: \$40/30min, \$55/45min, \$70/60min, \$100/90min



## SERVICE PROVIDER: LORNA PROUDFOOT



Lorna Gail Proudfoot is a qualified Foot Care nurse with a lot of experience. Book an appointment for a full Foot Care service. Appointment required.

### FOOT CARE

Come for an assessment, filing, clipping, debriding of nails, and foot massage. Please ask about our fee for veterans.

Day: Tuesday Time: 12:00pm – 4:00pm

Day: Wednesday Time: 9:00am – 2:00pm

Cost: \$60/1 hour or \$10/1hr if client can show they are registered with Vet's Affairs

## SERVICE PROVIDER: LYNN HARVEY

Lynn Harvey has over 25 years of experience as a Holistic Health Professional working and teaching in England, Greece, and Canada. She specializes in Natural Healing modalities that are delivered fully clothed and specifically target the effects of stress, a major contributor to ill health today.



### REFLEXOLOGY

Reflexology accesses the whole body by stimulating reflex points on the feet that correspond to all organs and structures. It is a highly effective method of relieving the source of pain, discomfort, and tension by applying pressure and therapeutic massage techniques to each foot.

### INDIAN HEAD MASSAGE

Indian Head Massage is a healing approach that focuses on Therapeutic Touch. The Ayurveda element includes rebalancing the body's entire energy system. This highly effective, firm, and gentle massage works on the acupressure points of the shoulders, neck, and head using a range of rhythmical pressures and extends to include the upper back, arms, and hand; areas that accumulate high levels of stress

### REIKI

Reiki is a highly efficient, gentle, and soothing energy healing practice that effectively promotes deep relaxation, pain reduction, and stress release by activating the body's natural healing response to a return of balance, vitality, health, and well-being.

Day: Thursday Time: 11:00am – 5:30pm

Day: Friday Time: 9:00am – 3:30pm

Cost: \$40/30min, \$60/1hr or combine 2 services: \$105/2hr



Jenn obtained her license as a Registered Acupuncturist in 2017 after studying for four years at the International College of Traditional Chinese Medicine in Vancouver and the Pacific Rim College in Victoria. She has an extensive healthcare background as an LPN, which she has been practicing since 2012. Appointment required.

#### ACUPUNCTURE

Community acupuncture is a traditional way of practicing acupuncture in a group setting. Not only does this make treatments more affordable, it allows individuals to access a supportive group energy of communal healing. Jenn only utilizes easy to access areas of the body such as lower legs, lower arms, face, head, and ears. Clients relax in reclining chairs during their treatment, sharing the room with other clients getting their individualized treatment.

Day: Tuesday Time: 10:00am to 12noon

Cost: Sliding Scale starting at \$30 per session\*

\*Note that first appointment has an additional \$10 charge