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May

"As May brings new beginnings, may it also bring you the courage to chase your dreams and the strength to overcome any obstacles in your path." - Unknown



Mother's Day is just around the corner, and what better way to honor the incredible women in our lives than with the gift of relaxation and rejuvenation?

If you're still searching for the perfect last-minute gift, consider treating Mom to an in-home massage! Elizabeth has some openings this month and is ready to bring peace and relaxation into your home!

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Meet our new Rehab Aid Joceley!

Joceley graduated from Grant MacEwan University in 2001, in Edmonton, Alberta. With 20 years of experience, she has worked in various settings such as clinics, supportive living and community. Joceley has worked with individuals of all age groups ranging from infants to seniors. She has experience in acute care, transitional care units, and long-term care.

Joceley is a handywoman with a broad knowledge of seating equipment adjustments and modifications, as well as rails, raised toilet seats, bath seats, and more.

When Joceley is not working, you can find her practicing hot yoga, spending time with her five kids, especially outdoors camping or swimming!

Did you know that we offer in-home dietitian services?

Our dietitian specializes in many areas including:

- general healthy eating
- family meals
- meal planning
- feeding kids
- picky eating
- intuitive eating
- diet changes due to chronic disease management
- label reading

If you are in the Winnipeg area, she will even come to your house and help you organize your pantry and/or! We love this service idea!

Lindsay is available to see patients in their homes in Winnipeg, but can see any client in Manitoba virtually.

Thank you to everyone who has left us a 5 star review! We would like to share one of our most recent reviews!



Elizabeth is the best massage therapist I have ever had! The convenience and luxury of having a massage at home is also wonderful. 10/10 recommend.

I have also had pelvic floor physio with Physigo Mobile after having my baby. Being able to have this service provided without having to leave my home was a blessing!

BOOK NOW



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