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## November

**"Small moments of warmth and kindness in the cold remind us that the best gifts in life are often shared." — Unknown**



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than ever. But with chillier weather, the idea of bundling up, scraping frost off the car, or trudging through wind and snow to a clinic can feel like quite the task! That's where in-home physiotherapy comes to the rescue.

In-home physiotherapy brings the treatment right to your doorstep, offering a unique combination of warmth, convenience, and accessibility. Here's why it's especially beneficial during the colder months:

- **Skip the Drive and Stay Warm**

Instead of braving the cold you can relax at home and avoid the hassle of winter driving. Our physiotherapists come directly to you, saving you both travel time and energy.

- **No Need to Dress for the Cold**

With in-home care, there's no need to layer up or even leave the comfort of your cozy indoor attire! You can focus entirely on your session, making it easier to fully relax and engage with each treatment.

- **Perfect for Recovery and Comfort**

Colder weather can aggravate joint pain and muscle stiffness, so staying active and following a regular physiotherapy routine becomes even more important. In-home physiotherapy provides all the benefits of a professional clinic, but in an environment tailored to your comfort.

As you get ready for the holiday season, don't let the colder weather interrupt your wellness journey. In-home physiotherapy is here to keep you warm, comfortable, and on track to better health—all from the comfort of home. So cozy up, stay safe, and enjoy all the benefits of personalized, at-home care this November.

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## Virtual Counselling



As days grow shorter and darker, many people begin to feel the effects of seasonal depression, often known as Seasonal Affective Disorder (SAD). This time of year can bring on fatigue, low mood, and a lack of motivation, impacting both mental and physical well-being. If you're feeling the weight of seasonal changes, know that support is just a click away.

Our virtual counseling services offer a convenient, comfortable way to access professional support from home. Through video sessions, our compassionate counselor is here to help you manage seasonal challenges, offering personalized strategies to boost mood, build resilience, and bring light back to your daily routine.

Don't go through this season alone—reach out today for support that fits into your life, wherever you are.



Karly Michaleski - *Social Worker*

Karly graduated with an undergraduate degree in Family Social Sciences from the University of Manitoba in 2013 with a focus in child development & family violence, and minoring in psychology. Further education pursuit led her to graduating with a Bachelor of Social Work degree from the University of Manitoba in 2015 and she recently graduated with a Master's degree in Social Work from Dalhousie University.

Throughout her career, Karly has worked in the fields of child protection, children's disAbility services, school social work and hospital social work. Karly has experience working with women's health, pediatric medically complex individuals, trauma, counselling, mental health, acute care, grief, loss, and bereavement.

Karly is passionate in supporting clients she works with as they navigate their journey. Life can present many challenges and it can be stressful to deal with to move forward. Karly aims to support where her clients are at and to further assist clients to reach their full potential.

Outside of work, Karly enjoys spending time with her family, friends, and especially her dog. Being active outdoors, baking, and spending time in her garden are just a few things Karly enjoys doing in her down time!

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Always great experience and exceptional service!

Nicole always comes prepared with a plan of action! She works amazingly well with my elderly (84) mom, helping to rehab her arthritic hip that had decreased her mobility greatly. Highly recommend!

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