



Words from patient, Barb R.

We found out about the centre through a friend. My husband and I were both experiencing lower back pain and saw the difference care had made in her back and health. Both my husband and I have seen and felt great improvements in our health and appreciate all the wonderful care we have received!

The staff always gives a pleasant greeting both when arriving and leaving and they are always ready to help in any way they can! Margaret has done a good job in training them!

The talks are always informative and I learn more each time I attend! We are more conscious of what we are eating and the exercises we need to do to keep our health improving.

Thank you for all your care and the extra work you always do to help us learn how to care for ourselves in the healthiest way possible!