



*Words from patient, Darlene E.*

I started with massage therapy about 2 years ago. I got to the Justine Blainey Wellness Centre for chiropractic care. I suffer from chronic low back pain as well as arthritis in my knees, neck and hands. Since I started with massage therapy I have seen improvement with my pack as well as movement with my hands and feet.

I highly recommend paraffin treatment to feet and hands. I have also had it for my right knee. The heat combined with massage improved circulation as well as more movement.

I try to see Kelly every 2 weeks. It is relaxing and very therapeutic. It is something I do for me, it gives me better sleep, imposed mood- give it a try!

The Justine Blainey Wellness Centre is a very nice place to visit. Staff are professional and very helpful to individual needs. They care about all the clients they serve, and go out of their way to make us all feel special. A very family-community-oriented centre.