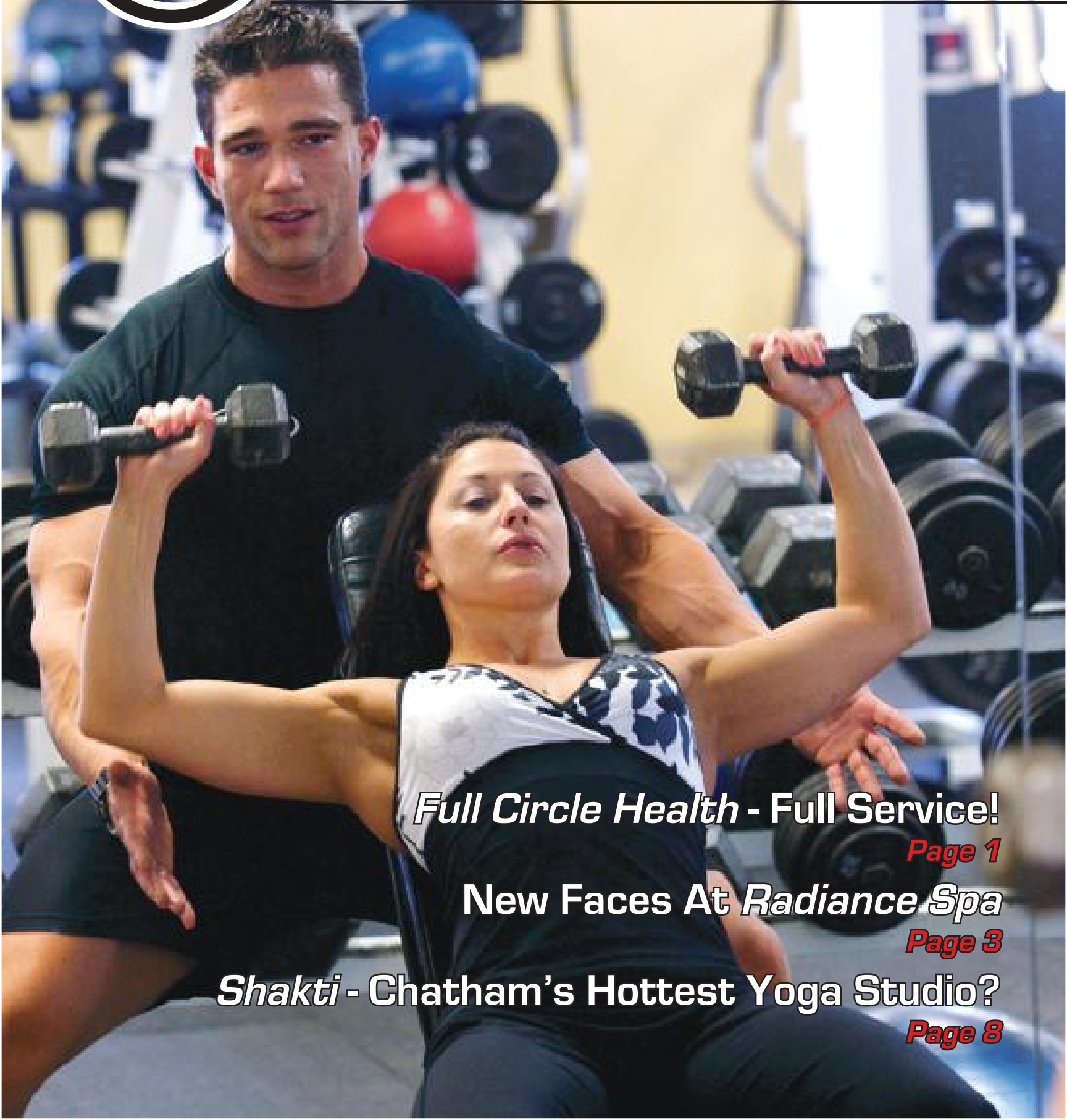




s u m m e r 2 0 0 9

# LIVING WELL

products and services in Chatham-Kent that keep you looking and feeling your best



***Full Circle Health - Full Service!***

***Page 1***

***New Faces At Radiance Spa***

***Page 3***

***Shakti - Chatham's Hottest Yoga Studio?***

***Page 8***



# FULL CIRCLE HEALTH & NUTRITION



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**Sarah Aerssen**  
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Sarah strongly believes that most illness is the result of poor dietary/lifestyle habits & can be corrected through proper nutrition, supplement therapy & a positive attitude. Sarah also offers allergy testing & menu planning.

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**Caitlin Aerssen**  
CE, CRT, CHST

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Caitlin is a certified esthetician who is here to aid in your health, relaxation and beauty. Caitlin offers manicures, pedicures, nail art, relaxing and hot stone massage, full body exfoliation, body waxing, and customized facials.

**519.365.6074**



**Ruth Aerssen**  
RN, CRT

## LIFE CHOICES

### *holistic healing*

Ruth has studied holistic healing methods for over 17 years. She believes that we need to work with every level of our being (spiritual, mental, emotional and physical) to allow our body to heal itself. Start your healing journey today!

**519.351.1449**



**Chris Laprise**  
CCT, CRP

## HEALTH AND HARMONY

### *reiki / crystal therapy*

Reiki is a natural and simple healing method, which supplies the body with additional life force energy, for healing itself. Reiki can be used safely and will provide relief from allergies, arthritis, stress and pain.

**519.360.9298**



**Wayne Myers, Owner (left), Wes Myers, Manager (right)**

At Full Circle Health and Nutrition, our staff understand the importance of a good quality supplement. Our job is to do the research needed to stand behind our products and ensure that you will get the best results possible. We encourage suggestions and try to provide educational material on our products to enable you to learn about your body, and lead a healthy life.

Whether you're having trouble sleeping, need more energy, or want a good protein supplement, our trained staff can get you what you need. We realize the importance of a proper diet and encourage our customers to not only use supplements, but to utilize a good diet in order to let your body heal itself. We firmly believe that to live a fulfilling life, you have to treat your body with respect and give it the nourishment needed to be healthy.

Full Circle is proud to offer a new treatment in the clinic area called the Pathogen Elimination Procedure (P.E.P.). This safe procedure exposes the body to DC frequency between 1-957HZ at variable rates and a 3 step timed schedule which is extremely efficient at killing pathogens such as parasites, molds and viruses. Because human cell frequency range is 1500-10,00HZ this procedure is non-invasive and completely safe.

**We welcome everyone to drop by the Full Circle Health & Nutrition complex!**



**Lorna Vanderhaeghe**



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# radiance massage therapy & spa

Jill Northcott and her team at Radiance Spa are always striving to improve service and introduce new services to their clientele. This season is no exception and proves to be true with the exciting news of some additional team members.

Radiance welcomes Ashley Wolting and Charyl Denomy, Registered Massage Therapists and Lisa Magliaro, Certified Esthetician. They come to Radiance Spa with many years experience in their field, and are committed to quality care and service. Radiance now boasts a staff of six RMTs, three Certified Estheticians, one Reflexologist and two support staff.



Jill Northcott  
Owner, RMT

How are summer and fall different from other seasons? "For those that love to be outdoors gardening or participating in sports activities, muscle strain, especially in the low back is very prevalent," says Jill Northcott, owner of Radiance Spa and practising RMT. "Massage therapy is the most effective way to treat pain commonly caused by strain. It is also very effective in treating plantar fasciitis, a condition that causes foot and heel pain. Massage Therapists treat this often during the summer months as a result of going barefoot or wearing improper, non-supportive footwear."

A new service is also being introduced at Radiance Spa. Threading, which is the ancient art of facial hair removal. This non-invasive technique uses thread to pull the hair directly from the follicle. Threading can be used for eyebrows, chin and upper lip. This hair removal treatment is great for those who are unable to wax due to skin sensitivities, medications, etc.

With the unfortunate news of the Wheels Inn closing, Radiance Spa recognizes that many Chatham-Kent residents enjoyed spa treatments there for many years. We invite all Wheels Inn Health Spa clients to see us at Radiance for all their spa and massage therapy needs. We are offering 10% off your 1st service(s) at Radiance Spa to any new clients, now through September 30th, 2009. Please mention this article to receive your discount.



This season, make sure you take time for you! Bring out your inner radiance at Radiance Massage Therapy & Spa. Located at 42 Eugenie Street in Chatham. Radiance Spa also directly bills to Green Shield and Great West Life Insurance plans, and are happy to assist you in finding out if you have coverage for massage therapy. For additional information call 519.354.7684 or visit us on-line and check out our monthly spa specials at [www.experienceradiance.com](http://www.experienceradiance.com).

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Hydrotherapy has long been recognized as one of the most effective forms of rehabilitation for a variety of physical conditions. The buoyancy, viscosity and thermal capacity of warm water allow for a low stress, environment in which to begin rehabilitation. The benefits that can be achieved are improved range of motion, increased flexibility, enhanced strengthening and activity tolerance, reduced swelling and improved balance and coordination. People who have difficulty with land-based exercise, whether due to injury, surgery or disease, can normally start therapy earlier and often with significantly less discomfort.

We offer several different customized Therapeutic Classes to meet the needs of the individual participant. Our pool is always heated to the therapeutic temperature of 88-90 degrees F.

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# EMPLOYER'S EDGE



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**Employer's Edge** is a wellness company that provides its clients with workplace wellness initiatives. These initiatives result in savings through improved productivity, lowered absenteeism rates, enhanced energy, and decreased health premiums and claims.

**Employer's Edge** offers customized programs that target all employees. The success of these programs hinge on the ability to work with individuals and to modify their behaviors. Our model ensures that a wellness program, tailored for each specific company, will achieve maximum results.

A main objective is to change the culture in the workplace – developing programs that help boost morale and energy in the workplace. **The EDGE Comprehensive On Site Wellness Program** takes a multi-faceted approach to on site employee wellness. This comprehensive approach has proven to successfully address the needs of both the individual and the organization.

"Accountability, follow-up and evaluation are the key factors to a results-based wellness program," says Nicole D'Hondt, Executive Assistant and Wellness Consultant. "We offer one-on-one consultations, health coaching, lunch 'n learns, group exercise programs and so much more."

Joe Russolo, Certified Corporate Wellness Specialist, says, "We encourage a preventative, proactive approach to employee wellness - enhancing wellness, one step at a time."

Is your company ready to take the next step in improving employee morale, lowering absenteeism, and decreasing health premiums and claims? Contact Nicole D'Hondt or Joe Russolo for your free consultation.



**151 Thames Street, Chatham • 519.358.1582 • [www.employersedge.ca/chatham](http://www.employersedge.ca/chatham)**



Krista Hickman  
Eva Kaminski  
Manuela Schurch

**RUSSOLO RMT GROUP**

151 thames street, chatham - russolophysiotherapy.com

Explore the benefits of unlocking a healthy, energetic, and stress-free lifestyle. At Russolo Physiotherapy Clinic we make it easy. Massage therapy relaxes muscles, easing and soothing your aches and pains. It rejuvenates, restoring balance to your body and being, making you better for all the things life throws your way. We are a team of three Registered Massage Therapists working to customize the perfect massage designed to fit your life.

We offer many different types of massage to choose from; Swedish massage for overall body relaxation. Deep tissue massage to loosen those stubborn knots that keep your muscles tied up and tense. Sports massage to stretch marathon runners and weekend warriors alike. Pre-Natal massage for soon-to-be moms or you new parents who forget to take care of yourselves. We will also teach you how to connect with your newborn through infant massage. We offer injury/condition specific massage therapy rehabilitation based on your assessment. We also treat MVA and WSIB injuries and offer extended health care billing for Blue Cross and Greenshield patients.

While periodic massage enhances your well being, the real benefit of massage is only unlocked when the body is exposed to multiple therapy sessions. Best of all, every massage is customized to your specific needs. Think you don't have time? We're even open week nights and weekends. We offer flexible appointment times to fit the busiest of schedules.



Eva Kaminski RMT (left), Krista Hickman RMT  
Manuela Schurch RMT

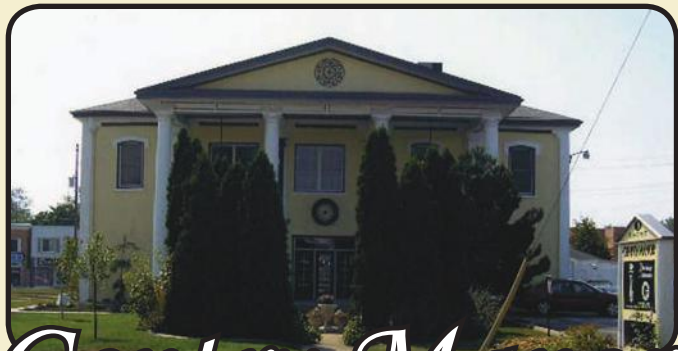
Krista Hickman  
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[kristahickman@yahoo.ca](mailto:kristahickman@yahoo.ca)

Eva Kaminski  
**519-480-3558**  
[evarmt@gmail.com](mailto:evarmt@gmail.com)

Manuela Schurch  
**519-480-0411**  
[manuela\\_rmt@hotmail.com](mailto:manuela_rmt@hotmail.com)





## Gentry Manor

The pillar clad entrance of this historic building sets the tone for the opulent selection of products and customer service you will experience within.

When you enter The Design Alternative area of Gentry Manor, you cross a threshold into a spectacular shopping area which offers truly unique gifts and accessories. You are guaranteed to find that "just perfect" item that you have been searching for.

Moving into The Thomas Group progressive hair salon, you will encounter an unbelievable group of professionals. They understand that hair is not simply something to care for, but also a tool that should be used to make each individual feel more beautiful, youthful and desired. "Everyone should walk into a salon with the confidence that they are going to get the best possible look for themselves. Our expert team of hair professionals will give you that confidence!" says Thomas, founder of the Thomas Group.

The back of the Manor offers a wide range of casual and formal wear, as well as the latest trends in jewellery, handbags and shoes. In this unique boutique setting you will find about 50% of the lines are made in Canada. Some of the lines carried include Get It On, Frank Lyman Designs, Nuevo, Uptown Girl, Samuel Dong, Linda Lundstum and more.

The big news, and "buzz" of the Chatham-Kent spa crowd, is the scheduled expansion of the Oasis day spa. **A massive expansion to 3000 square feet is in the works!** The selected area will include two areas that will house four treatment rooms and a beautiful open concept area for manicures, pedicures and various other treatments. Thomas and James are very excited to be expanding the spa and the services they offer their current clientele.

Be sure to drop by Gentry Manor located at 9 Park Street, Chatham. For additional information, appointments, or news on the upcoming spa expansion, call 519.352.9420, or visit on-line at [gentrymanor.com](http://gentrymanor.com).



July 10th  
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Master Trainers

Performance Health & Fitness Club

Location: Performance Health & Fitness Club





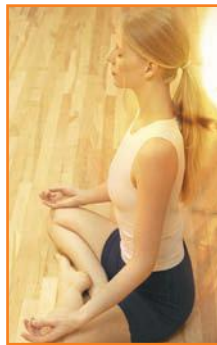


## 137 king street west, chatham

Yoga is for absolutely everyone... age, shape, religion, it doesn't matter. Anyone can start practising the science of Yoga, and realize the benefits in their lives directly.

Yoga, a holistic approach to maintaining a healthy body and mind, can improve flexibility, increase strength, help lose weight, ease stress and improve concentration. Yoga works by addressing all of your needs, exercise, relaxation, breathing, diet and meditation.

One of Chatham-Kent's premier Yoga studios is owned and operated by Devin Cornell. Devin is an instructor at Shakti Yoga studio and for the last nine years has studied with various teachers in North America, Europe, and India. Devin completed his teacher training at a month long intensive at the Sivananda Ashram in Val Morin, Quebec. He continued to further his studies with a trip to Mysore, India to study with the founder of Ashtanga yoga, Sri. K. Pattabhi Jois. Devin's love for yoga is instantly recognizable by the passion in which he teaches with. "I teach yoga because yoga has had such a profound effect on my life," says Cornell. "I want to pass this gift on to all who are looking."



Power, Gentle and Restorative yoga are only a few of the choices that are available at Shakti Yoga studio, a wide range of yoga classes are offered by different instructors. All of the instructors at Shakti Yoga have completed an intensive teacher training course at an accredited Yoga training facility. All instructors have experienced first hand the effects of yoga in their daily lives, and feel passionately about sharing that with others.

For additional information or to see this truly stunning studio, drop by 137 King Street West or call 519.355.1652. Check out class schedules, rates and instructor bios by visiting [www.ckyoga.com](http://www.ckyoga.com).

Heather Cornell, owner of Quantum Healing, has been practising Myofascial Release Therapy for 12 years. Myofascial Release is a very effective hands-on technique that provides sustained pressure into myofascial restrictions to eliminate pain and restore motion. The theory of Myofascial Release requires an understanding of the fascial system (or connective tissue). The fascia is a specialized system of the body that has an appearance similar to a spider's web or a sweater.

Fascia is very densely woven, covering and interpenetrating every muscle, bone, nerve, artery and vein as well as all of our internal organs including the heart, lungs, brain and spinal cord. Fascia is actually one structure that exists from head to foot without interruption. In this way you can begin to see that each part of the entire body is connected to every other part by the fascia, like the yarn in a sweater.

When we experience physical trauma, scarring, or inflammation, however, the fascia loses its pliability. It becomes tight, restricted and a source of tension to the rest of the body. Trauma, such as a fall, whiplash, surgery or just habitual poor posture over time and repetitive stress injuries has a cumulative effect. The changes they cause in the fascial system influence comfort and the functioning of our body. The fascia can exert excessive pressure, producing pain or restriction of motion. They affect our flexibility and stability, and are a determining factor in our ability to withstand stress and strain.



**FAMILY AFFAIR** - Devin Cornell of Shakti Yoga and Heather Cornell of Quantum Healing take a moment from their busy schedules for a quick snapshot. One week after this picture was taken, the family expanded with the arrival of little Tao Cornell.

The use of Myofascial Release allows Cornell to look at each patient as a unique individual. "My one-on-one therapy sessions are hands-on treatments during which I use a multitude of Myofascial Release techniques and movement therapy," says Heather Cornell. "I promote independence through education in proper body mechanics and movement, through the enhancement of strength, flexibility, postural and movement awareness."

Take a quantum leap in your healing by booking an appointment with Heather. Drop by 137 King Street West or call 519.397.9222.



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"I was fortunate enough to be directed to Activaaid Physiotherapy after my injury," said Susan Foran, Activaaid patient. "I was sincerely greeted and guided through the unknown with the aid of knowledgeable and truly involved health care professionals. They are truly invested in your total recovery."

To maintain the latest knowledge in the field, physiotherapists Susan Shaw and Sarah Kasubeck, and kinesiologist Kelly Meredith, participate in lifelong learning by reviewing evidence-based research and attending conferences and workshops.

Activaaid is an ADP authorized clinic offering service in many areas from sport injury and work conditioning, to acupuncture and ergonomic education. For more information, including testimonials from patients, visit [Activaaid.ca](http://Activaaid.ca).



Susan Shaw (left), Kelly Meredith,  
Beth McLeod, Sarah Kasubeck

## Performance Health & Fitness



**Randy Myers**  
Membership Coordinator

How does Performance Health & Fitness continually seem to out "perform" large chain competitors? According to Randy Myers, Membership Coordinator, it is very simple. "We concentrate on what we do best and really get involved with our members and the local community. We offer a wide range of services like aerobics classes, nutritional assistance and personal training but we won't be trying to push suntan lotion or the 'special of the week' on our members."

"I think we have developed the reputation as having the best trainers in the area for a number of reasons," says Janet Cunningham, General Manager of Performance Health & Fitness. "Our reputation is based on the results our clients get working with our staff, the dedication of our staff, and the constant development we strive for with all of our staff. Our clients have come to understand that fitness is not an event but a process."

Two of the staff that make this difference on a daily basis are the quick-to-smile, young couple, Matt & Emily Stirling. These two Master Trainers have been married for 10 months and have recently been part of the first group in Canada to be certified Movement Trainer Specialists. The only other Movement Trainer Specialist in the area is Annette Walker, a Personal Trainer at Performance Health and Fitness as well.



**Emily & Matt Stirling**  
Master Trainers

Cunningham and her staff are in the midst of creating a fantastic fitness incentive program for the fall, but are being very tight lipped. "We have not officially announced the program yet but it will involve a local charity and will be a great deal for not just our current membership, but new members and the general public! Be sure to keep your eye on our new website for new information and updates."

For additional information call 519.436.1530, drop by 162 Queen Street, Chatham, or visit the new Performance Health and Fitness website at [www.performancehealth.biz](http://www.performancehealth.biz).

### Former Wheels Inn Fitness Member?

For an unbeatable transfer package, including individual or group memberships, call Janet Cunningham at 519.436.1530, or email [janet@performancehealth.biz](mailto:janet@performancehealth.biz).



# what's your dream?



Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Your financial well being plays a major role in your general well being.

**"Keep dreaming, but start planning,"** says Ric Aarssen, Financial Security Advisor and Investment Representative for Freedom 55, "achieving wants is based on a combination of making value-based lifestyle decisions and implementing financial-planning tactics."

What would we do if one of the incomes in our household was suddenly not there? What do I imagine as comfortable retirement? How are we going to finance our children's education? If something happens to me should I leave my assets to my spouse, child or estate? These are all questions that you can ask yourself when considering your financial well being.

"I help my clients achieve their dreams and work with them to define what financial security means," says Ric, "we tailor a financial plan for each client, set short term and long term goals, and then regularly monitor and review results. My ongoing professional development, and access to specialists in different segments of finance and insurance, allows me to offer my clients a personalized comprehensive financial plan."

Take care of your financial well being and discuss how to make your dreams a reality. Call Ric Aarssen today, 519-352-6840 extension 350, or visit him on the web at [www.ricaarssen.com](http://www.ricaarssen.com).



Ric Aarssen &  
Granddaughter Izzy



## Completely You

massage & aroma spa

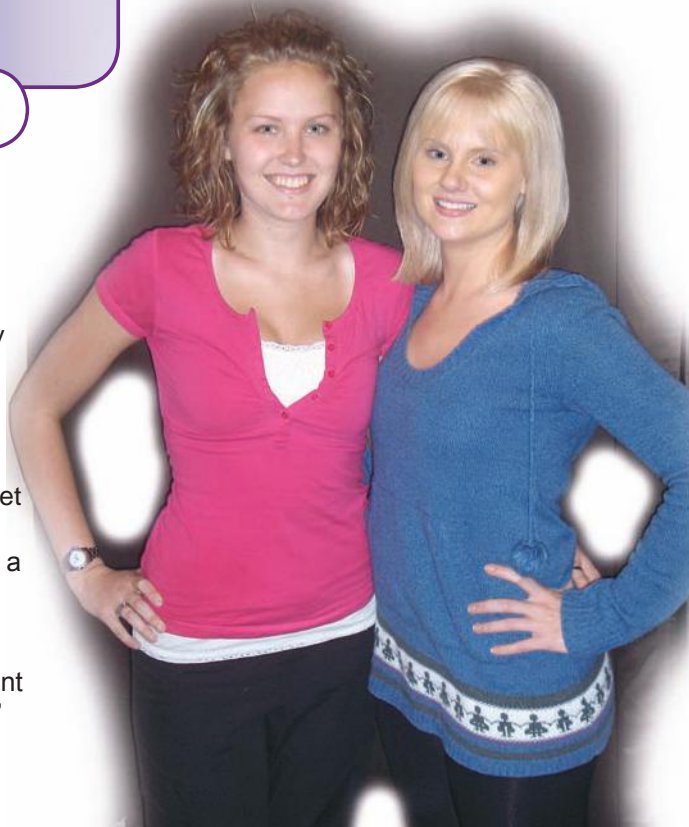
here we **grow** again!

Completely You Massage and Aroma Spa has moved to a new location at 526 Grand Ave East, unit four! "We are so happy that our ever increasing clientele has given us the opportunity to expand into our new facility," says Owner and Myomassologist Ashley VanZelst.

Myomassology is an alternative way to heal the body. Myomassology includes the Ancient Healing Arts in their training and in their scope of practice. This includes Reflexology, Aromatherapy, Acupressure, Craniosacral Therapy, Contraction Release Therapy, as well as full body Swedish massage, unique Myomassology techniques and leg balancing. Each Myomassology treatment session is designed to meet the individual needs of each client with use of other modalities. This recognizes the uniqueness of each individual and is the "hallmark" of a Myomassologist's training.

Joining Ashley at her new location is hairstylist Tricia Trudell, former owner of Salon by Tricia. "I'm really happy to be back in Chatham-Kent and am looking forward to reconnecting with all of my former clients," says Trudell.

VanZelst and Trudell invite everyone to experience a fantastic new energy, in a brand new location. Drop by 526 Grand Ave East or call 519.397.4144 for additional information.



Ashley VanZelst RMP (left) and Tricia Trudell

## *contact information*

Activaid	519.358.7342	activaid.ca
Choices 4 Wellness	519.351.9111	www.choices4wellness.ca
Completely You	519.351.7898	completelyyou@gmail.com
Employer's Edge	519.358.1582	www.employersedge.ca/chatham
Eva Kaminski, RMT	519-480-3558	evarmt@gmail.com
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