

# cklivingwell

WINTER 2010 | 2011

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



## CK FASHION

Affordable Websites **pg 1**

## ONLY PERMANENT FAT REDUCTION

The First Non-invasive Fat Reduction and Body Contouring

**Machine Only Available at Infinity Cosmetics** **pg 6**

## LOSE TO WIN

**Local Companies Take Part**

in Wellness Challenge **pg 8-10**

A.THIEL MARKETING



# welcome to ck living well.

Welcome to the 5th edition of CK Living Well!  
You will find this publication to be helpful as you go about bettering yourself and your surroundings. This publication highlights services and products in a variety of areas that offer you exactly what you need to look, feel and live your best!

Thank you to all of our advertisers for coming on board as we could not have accomplished this without you!  
Sincerely,

Andrew Thiel, President; Nancy Schlereth, VP Sales; and  
Samantha Egan, Graphic Designer & Photographer  
A.Thiel Marketing & Graphic Design



59 King Street West, Chatham  
Telephone: 519.397.4444 / 519.360.7841  
Email: info@athielmarketing.com



**Finally!**  
**Affordable Website Solutions**

**\$199<sup>95</sup> Down!**

**\$49<sup>95</sup> A Month!**

**www.ckfashion.ca**  
Your Local Online Marketing Tool  
519.397.4444

## BLACKBERRY USERS:

Software already installed  
for Blackberry 5.0 or newer.

## IPHONE USERS:

Download the  
"Quickmark" App!

If you are interested in  
having your own QR Code,  
contact A.Thiel Marketing.  
519.397.4444

## QR CODES

HOLLAND OPTICAL



A NEW YOU



A.THIEL MARKETING



INFINITY MEDICAL COSMETICS



RUSSOLO THERAPY CENTRE



RADIANCE



GENTRY MANOR





# WARM HOME **WARM HEART**

Homeowners, there's never been a better time to improve the indoor air quality and energy efficiency of your home! Let ALUMpro keep you warm this winter and you'll be eligible to **have your utility bills paid for the rest of 2011!** For more information and contest stipulations, visit us online at [www.alumpro.ca](http://www.alumpro.ca)

## YOU COULD WIN!

**Go green Go clean with purple!**  
A GREENER environment for a better future



ENVIRONMENTALLY FRIENDLY AND COST EFFECTIVE **WALLTITE ECO™** made by **BASF**, is a medium density polyurethane insulation/air barrier system designed to improve the energy efficiency of any building. When you are choosing an insulation, make the right choice with **WALLTITE ECO™** the purple insulation!





## Dr. Matthew Verslycken, N.D.

Born and raised in Chatham, Ontario, I am pleased to begin practicing naturopathic medicine in my hometown. I graduated from Ursuline College, Chatham prior to obtaining my Bachelor of Science degree from the University of Windsor. I then graduated from the Canadian College of Naturopathic Medicine (CCNM) in Toronto, and am registered in Ontario with the Board of Directors of Drugless Therapies - Naturopathy (BDDT-N).

I believe in the principles of naturopathic medicine and I am committed to using them to provide personalized, high quality, health care.

We will work together to develop individualized and integrative health plans to promote, restore, and maintain health, and to empower you to achieve your health goals.



**TREATMENTS MAY INCLUDE:** Botanical Medicine • Acupuncture • Physical Medicine  
Clinical Nutrition • Prevention and Lifestyle Counselling • Homeopathy

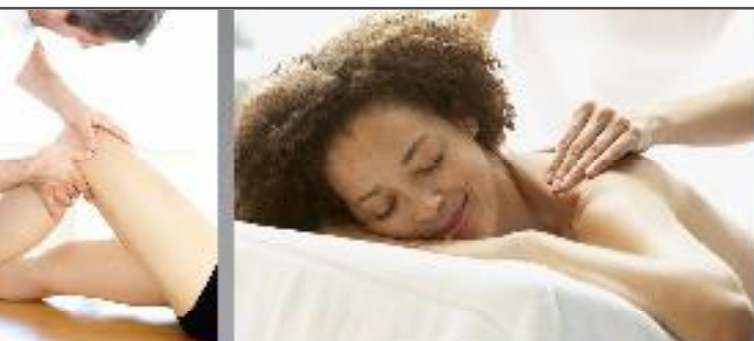
**Initial visit (up to 90 minutes):** In-depth review of your health concerns and goals. Relevant physical exams will be performed and lab tests ordered when appropriate.

**Second Visit (45-60 min):** Options will be discussed for naturopathic care, specifically tailored to you.

**Follow-Up Visits (30-45 min):** Scheduled to monitor your progress, and, if necessary, to refine and expand your plan of care.

**375 St. Clair Street, Chatham | 519.358.1590 | [www.russolotherapycentre.com](http://www.russolotherapycentre.com)**

**russolo  
therapy  
CENTRE**



Physiotherapy • Orthotics  
Massage Therapy • Naturopathic Medicine  
Acupuncture • Hydrotherapy



**russolo  
therapy  
CENTRE**  
patient focused care.



Come visit us at our new location!  
375 St. Clair Street, Chatham | 519.358.1590  
[www.russolotherapycentre.com](http://www.russolotherapycentre.com)



radiance  
massage therapy & spa

## Experience the "Gift of Radiance"

Give to Yourself: the Gift of Health and Wellness by nurturing and nourishing your mind, body and spirit.

Give to Others: the Gift of Relaxation and Pampering with a time-honoured way to celebrate your friends and family.

*Whether you are giving to yourself or others, the staff at Radiance Massage Therapy & Spa are focused on improving your Health, Wellness and Beauty.*

*From Massage Therapy Treatments to Skin Care Treatments to Manicures and Pedicures, the "Gift of Radiance" is truly a gift that keeps on giving!*

RADIANCE SPA NOW HAS GIFT CARDS!

### Meet our Dedicated Team:



Jill Northcott  
Owner, RMT

Kim Post  
RMT

Janine Garrod  
RMT

Shelley  
Kitamura  
RMT, CRP

Ashley  
Wolting  
RMT

Rachel  
Vandecaveye  
RMT

Melissa  
Campbell  
RMT

Hillary  
Murphy  
Certified  
Esthetician

Lauren  
Sparks  
Certified  
Esthetician

Sylvia Myers  
Certified  
Esthetician

42 Eugenie Street, Chatham · N7M 3Z1 · 519.354.7684  
[www.experienceradiance.com](http://www.experienceradiance.com)



*Crafted to Last Generations*  
VISIT US FOR MANY SELECTIONS TO CHOOSE FROM!



Shaker Bedroom Suite - Graceful, Clean, Timeless Look

**BEDROOMS & MORE** MFG. LTD.

27896 ST. CLAIR RD. · WALLACEBURG · 519.627.1621 · RETAIL · WHOLESALE



[www.infinitymedicalcosmetics.com](http://www.infinitymedicalcosmetics.com)

OUR  
**ULTRASHAPE®**  
MACHINE  
IS HERE!!

**ULTRASHAPE®**  
The Shape of Things to Come

- Photorejuvenation (for acne, scars, Rosacea)
- Pro-Derm, Environ, Swiss Tech
- Hyperhidrosis (Underarm Sweating, Palms & Feet)
- Silk Peel
- Spider Vein Treatment
- 1/2 Hour Lunch Facial

- Botox, Injectable Fillers
- Laser Hair Removal
- Microdermabrasion
- Tattoo Removal
- Teeth Whitening
- Collagen Induction Therapy



857 Grand Ave. West, Suite 203 Chatham · 519.354.6600 · [infinitymedical@cogeco.net](mailto:infinitymedical@cogeco.net)  
Opening Times: Mon-Fri: 9:30am - 5pm, Sun: Closed Flexible hours by appointment. Open one Sat a month



# STOP THE PAIN. WITHOUT SURGERY.

## SPINAL DECOMPRESSION THERAPY

Do you suffer from low back/neck pain, herniated disc(s), degenerative disc disease, facet syndrome, spinal stenosis, sciatica or failed spinal surgery? Then you owe it to yourself to consider highly effective Spinal Decompression Therapy utilizing the DTS system. Don't risk surgery until you learn about Spinal Decompression Therapy. There is finally a non-surgical answer for spinal problems!

## ADVANCED COLD LASER TREATMENT Healing at the Speed of Light

This treatment provides patients with a safe, effective and painless therapy that uses the body's own natural healing systems to relieve pain, increase joint mobility, increase tissue integrity and promote cell regeneration.

It treats low back pain, neck pain, arthritis, heel pain, tennis elbow, knee pain, tendinitis, sprains and strains, carpal tunnel syndrome, hip pain, wound healing, and more.



**GET WELL.  
STAY WELL.**

Dr. Stephen Zavitz  
390 Wellington St. W. · Chatham, ON  
519-355-0808 · [www.zavitzchiro.ca](http://www.zavitzchiro.ca)

**WALK<sub>YOUR</sub>WAY  
TO GOOD  
HEALTH<sub>AT THE DCC!</sub>**



**DCC is the "Home of the Mall Walkers"  
and has been since 1993!**

Doors open Monday through Friday at 7am and Saturday through Sunday at 7:30am for mall walking in a safe, clean, temperature controlled environment. For more information please call 519.351.1271 or visit us at 100 King St. W, Chatham.



# LOSE TO



**Matt Stirling**  
Personal Trainer

Performance Health & Fitness along with Employee Wellness Solutions Network made every attempt to provide what the 'Lose To Win' contestants needed in order to attain education, service, results and a better lifestyle. At Performance all trainers were involved (Emily & Matt Stirling, Jay Hallatt, Lisa Evers, Annette Walker, Jessie Tedford, Joe Drew) in giving tri-weekly progressive weight training programs, along with fitness assessments, and weekly fit camps that were supervised and performed in a safe, productive manner. Results don't come easy and at Performance Health & Fitness we understand that the average person walking through our doors needs help. Whether it's building muscle, shedding fat, restoring functionality, creating good eating habits, staying healthy or preventing illness, both Employee Wellness Solutions Network and Performance Health & Fitness are able to help guide you with your needs!

**Employer's Edge and Performance Health and Fitness** have partnered to bring Chatham-Kent a unique wellness challenge targeting the corporate community. We are quite excited to be able to offer this extensive wellness challenge which will create awareness in the community about the importance of a healthy lifestyle.



Chris Hyatt from Sun Media gives his pledge sheet to the Barbara Noorenberghe from Foundation of Chatham-Kent Health Alliance.

Chris & Katie from the Morning Show on 94.3 CKSY interview various participants from Lose to Win. Blackburn Media made a significant donation to the competition both in the form of staff and airtime.



**Nicole D'Hondt**  
Wellness Consultant



# WIN

A Corporate Wellness Challenge Promoting Good Health

Lose to Win  
Challenge Results  
will be released  
January 13, 2011!  
Listen to 94.3 CKSy to  
stay up-to-date on  
the status of  
the competitors!



Nicole D'Hondt from Employee Wellness Solutions gives Jenn Padbury from Riverview Gardens some wellness tips.



From left, clockwise: Joanne Vanderveen from Lansing Trade Group signs in, Pat Willan from Ellison Travel receives encouragement from Amber Piche of Performance Health & Fitness, and Jay Hallett, Performance Health & Fitness, gives Pat Willan a few work-out tips.

## ONE-ON-ONE CONSULTATIONS

Jenn Padbury from Riverview Gardens is in a health coaching session with Nicole D'Hondt from Employee Wellness Solutions Network. Each contestant had an initial assessment and 3 follow up consultations (one-on-one) to discuss topics such as nutrition, stress management and time management. This was a great way for the contestants to speak one-on-one with a wellness consultant to dig deeper into their habits and work towards making gradual changes throughout the competition. By making small changes with each visit, there is a greater likelihood of the habits forming for a long term period.

If you are interested in finding out further details related to the services that Employee Wellness Solutions Network offers, please contact Joe Russolo, Certified Corporate Wellness Specialist or Nicole D'Hondt, Program Manager and Wellness Consultant at 519-358-1582. You can also visit their website for more information at [russolotherapycentre.com](http://russolotherapycentre.com) and click on Employee Wellness Solutions Network.

EMPLOYEE WELLNESS SOLUTIONS NETWORK is thrilled to be a co-sponsor and coordinator of the Lose to Win - Corporate Wellness Challenge. Employee Wellness Solutions Network provided knowledge and education to each contestant through one-on-one and group sessions to manage their nutrition, stress, sleeping difficulties and many other health challenges they were facing. The contestants have put forth the time and effort to implement the needed changes and see dramatic results over the past 12 weeks of the Lose to Win - Corporate Wellness Challenge. Through the course of this challenge they have each developed an increased level of awareness and education which will assist them in continuing to make healthy life style choices. Each contestant should be proud of what they have accomplished. We couldn't be happier with the success that each of the contestants have achieved, and we wish everyone a continued path to health and well being in the future.



# LOSE TO WIN

# CHEERING ON THE CONTESTANTS

## KEEP IT UP, ANDREW!

from the friendly staff at



159 King St. W. Chatham • 519.397.4444  
www.athielmarketing.com

## BEST OF LUCK PAT & MARY

from your fellow staff members



335 Park Ave. E., Chatham • 519.352.0230 • www.agris.coop

## YOU'RE DOING GREAT, PATRICIA!

from the friendly staff of



member of Carlson Wagonlit Ltd.  
311 Main Street, P.O. Box 1990  
Exeter, Ontario | 519.235.2000  
www.ettravel.com

## GREAT WORK KIM!

from the friendly staff at



281 Grand Ave. E., Chatham • 519.352.7500  
www.alumpro.ca

*Keep up the good work,  
Tasha and Melissa!*

from the friendly residents & staff of



64 Ursuline Ave Chatham • 519.352.1660 • www.calebgroup.ca

*Congratulations on your  
hard work Michele!*

from the friendly staff at



459 St. Clair St. Chatham • 519.351.2040  
76 Main St. E. Ridgetown • 519.674.3141  
141 Park St., Blenheim • 519.676.3451  
www.mckinlayfuneralhome.com

## PROUD TO CALL YOU ONE OF OUR OWN, SHEILA!

from your co-workers at



4 locations in Chatham-Kent to serve your financial needs  
1-800-4-SCOTIA • www.scotiabank.com

## Keep it up Pauline & Gillian!

from the friendly staff of



40 Keil Dr. S. Chatham • 519.436.4590  
835 Queen St. Chatham • 519.360.1313  
www.unigasco.com



# return to work

**With the Targeted Initiative for Older Workers (TOW)**

**The Targeted Initiative for Older Workers provides laid-off older workers with a broad range of training to help them find new jobs and match their skills and experience with the needs of employers wanting to hire in Chatham-Kent.**

**Learn more about TOW today!**



**GOODWILL**  
**CAREER CENTRE**



**300 Lacroix Street, Chatham**

**613-384-4400**

**[www.goodwill.ca](http://www.goodwill.ca)**

**It all starts with re-**



# The Chef's Table

*CK's best kept dining secret!*

397 McNaughton Avenue West, Chatham • 519.436.0559 • [chathamchefstable.com](http://chathamchefstable.com)

**Customized Menus • Catering • The Chefs Mood • Extensive Wine List**

The Chef's Table features Mediterranean cuisine that has Spanish, Italian, Greek and Portuguese influences. To keep it interesting, they offer a new menu monthly, but if you have a favorite dish at the "Chef's Table" it will always be available.

"One of our most popular dinner requests is the Chef's Mood," says Pippo. The Chef's Mood is a four course dinner, prepared by Moccia and his apprentice chef, Josh Deneau. It is actually made personally for you, and everyone at the table who orders the Chef's Mood will receive a different dish! It's an amazing experience and great for sharing!

The Chef's Mood, combined with customized menu offerings, outside catering, extensive wine list and the attentiveness to their customers questions and requests is second to none.

But don't take our word on it, listen to what patrons are saying!

## Thanks for making us blush!

"From the minute you walk in the door you will know you found something special, the room is warm and cozy nice music and staff that greets you like an old friend. The service is spot on right from the start with drinks and warm bread. You can tell that everything about this place comes from Passion and a Love of the business."

Midigan

"We are from Vancouver and my wife grew up in Chatham. She was ecstatic about the restaurant and commented that 'Chatham is ready for this new dining experience and compares to many nice restaurants in Vancouver.'"

Vancouver

"We both opted for their NY strip steak, salad and a bottle of Shiraz.

Pretty basic order, but it all came to our table with flair, generous portions, and of course, great taste. A winner! The crusty bread with garlic butter basket was refilled, and the wine is served in real to goodness, thin-lipped wine glasses. Steak was marbled well (medium rare for us) and had a superb light sauce drizzled over it. Our waitress was very friendly and knowledgeable, and everyone there looks like they love their job. Dessert was good (creme brulee and the other a custard-style concoction). Prices are very very reasonable. I am already looking forward to our next meal there. Great job, Chef's Table!"

Chatham-Kent



**Mike Moccia & Mauro Pippo, Co-Owners, The Chef's Table**





## Just add water.

Swimming is a great low-impact activity to keep you moving and have fun with your family. Experience the convenience of a swimming membership and enjoy access to Open, Family, and Parent & Tot Swims, Adult/Senior and Lane swimming, and discounts on programs (Lessons and Aquafit classes).

Memberships are available in 6-month and 1-year memberships. Find complete pool schedules and admission fees on our website at [www.chatham-kent.ca/recreation](http://www.chatham-kent.ca/recreation), or call your local Municipal pool.

**CKRecreation**

**Cable Ross Rotary Pool**  
65 Regent Street | Blenheim  
519.875.4544

**Wallaceburg Sydenham Pool**  
303 Lorne Street | Wallaceburg  
519.827.1006

☎ 519.352.1000  
🌐 [www.chatham-kent.ca/recreation](http://www.chatham-kent.ca/recreation)

**Chatham-Kent**

## Gentry Manor

9 Park Street Chatham | 519.352.9420 | [www.gentrymanor.com](http://www.gentrymanor.com)

**Oasis**  
Day Spa

We are thrilled to welcome the newest member of our team, Ann Simpson, registered massage therapist.

Oasis day spa boasts the perfect balance of elegance, tranquility and relaxation. The spa offers a wide range of services including facials, salt scrubs, body wraps, manicures, pedicures, waxing and relaxation and therapeutic massage.

Our newest treatment is Dr. Shrammek's Green Peel. As seen on The Doctors. Green Peel is for treatment goals ranging from pre- and anti-aging to solving specific skin conditions such as large-pored, impure or blemished skin or loss of elasticity on the body.

Call today for an appointment. Gifts cards available.

The Get It On boutique offers a wide range of casual and formal wear, as well as the latest trends in jewelry, handbags, shoes, and other accessories. Some of the lines carried include Get It On, Frank Lyman Designs, Nuevo, Uptown Girl, Samuel Dong, and much more.



The Design Alternative has an amazing selection of truly distinctive and unusual gifts for you and your home. In this space you'll find gifts that range from classic to contemporary, timeless to seasonal, and everything in between. You are guaranteed to find that "just perfect" item that you have been searching for.

**the design  
alternative**





# HOLLAND ACCU OPTICAL LABORATORY

200 King Street West, Chatham · 519.352.8632  
Monday- Friday 8am-5pm · Saturday 8am-12pm

Full Service Optical Laboratory  
Some Prescriptions Complete in One Hour  
Over 2000 Styles to Choose from  
Latest in Lens and Coating Technology  
Affordable Children's Packages Available  
Value Based Pricing  
Exceptional Quality Work  
Warranty Packages  
Free Adjustments  
Repairs  
Free Trial Contact Lenses  
Family Purchase Discounts (Ask for Details)  
Second Pair/Contact Lens Discount  
(Ask for Details)

Exclusive to Holland Optical  
HAO-DS

Our First Digitally Surfaced Lens.  
The Most Premium Progressive Lens on the  
Market. Backed by Trusted Technology and  
Holland Optical's Satisfaction Guarantee.

Talk to us about what's the latest in style!

Holland Optical also offers a unique method  
of customizing frame elements so they fit and  
flatter like a well-tailored suit.



Maui Jim has tints that are uniquely  
engineered to optimize light on early mornings,  
late afternoons, and overcast days. If you are  
purchasing Maui Jim's as a gift, we'll pay the tax!

Win an Hawaiian Luau for 12 at your place followed  
by an expert fitting for each of you with the  
Maui Jims of your choice!

Gift Certificates Available!

DOVER DUDS CARRIES  
THE FINEST IN  
OUTDOOR WORKWEAR  
CLOTHING, BOOTS, SHOES.

**Dover Duds**  
Your Work Wear Specialist



Dover Duds carries clothing for men, women and  
children, including brand names like Carhartt, Helly  
Hansen, Red Wing Shoes and Irish Setter Boots,  
quality names you can trust!



Tues. - Fri. 10 am to 5:30 pm, Sat. 10 am to 2 pm, Closed Sun. - Mon.  
26662 Bearline Road, Dover Centre · 519.355.1201  
[www.doverduds.com](http://www.doverduds.com)

Union Gas, CK Energy, Pattern Energy  
and the Heart and Stroke Foundation  
present

*Simply Red*  
*"An Affair of the Heart"*

SATURDAY, JANUARY 29, 2011

Chatham Armoury  
44 William Street

Doors open at 5 p.m.

Featuring String Quartet: Cadencia  
4 Course Dinner by Four Diamond Catering  
Entertainment with the Tom Lockwood Band

Live and Silent Auction throughout the evening

\$100 per Ticket

All proceeds go to the Heart and Stroke Foundation

For tickets and information contact :  
The Chatham-Kent Chapter of the  
Heart and Stroke Foundation at 519.354.6232



Sponsored by:





relax. refresh. recharge.  
experience a new you.

### **SALON SERVICES**

Hair Cuts, Wash & Style, Colour, Perms, Extensions, Updo's

### **ESTHETICS**

Facials, Manicures, Pedicures, Gel Nails, Waxing, Make Up, Paraffin

**SPA SERVICES** Massage Therapy, Endermologie Facelifts, Oxygen Facials, Cellulite Treatments, Slimming, Mud Wraps, Body Scrubs, Spray Tanning, IanCleansa Footbaths

### **LASER HAIR REMOVAL**

Permanent hair removal in just 4-6 treatments

### **LIPOMASSAGE**

Permanently eliminate stubborn fat that is resistance to diet and exercise

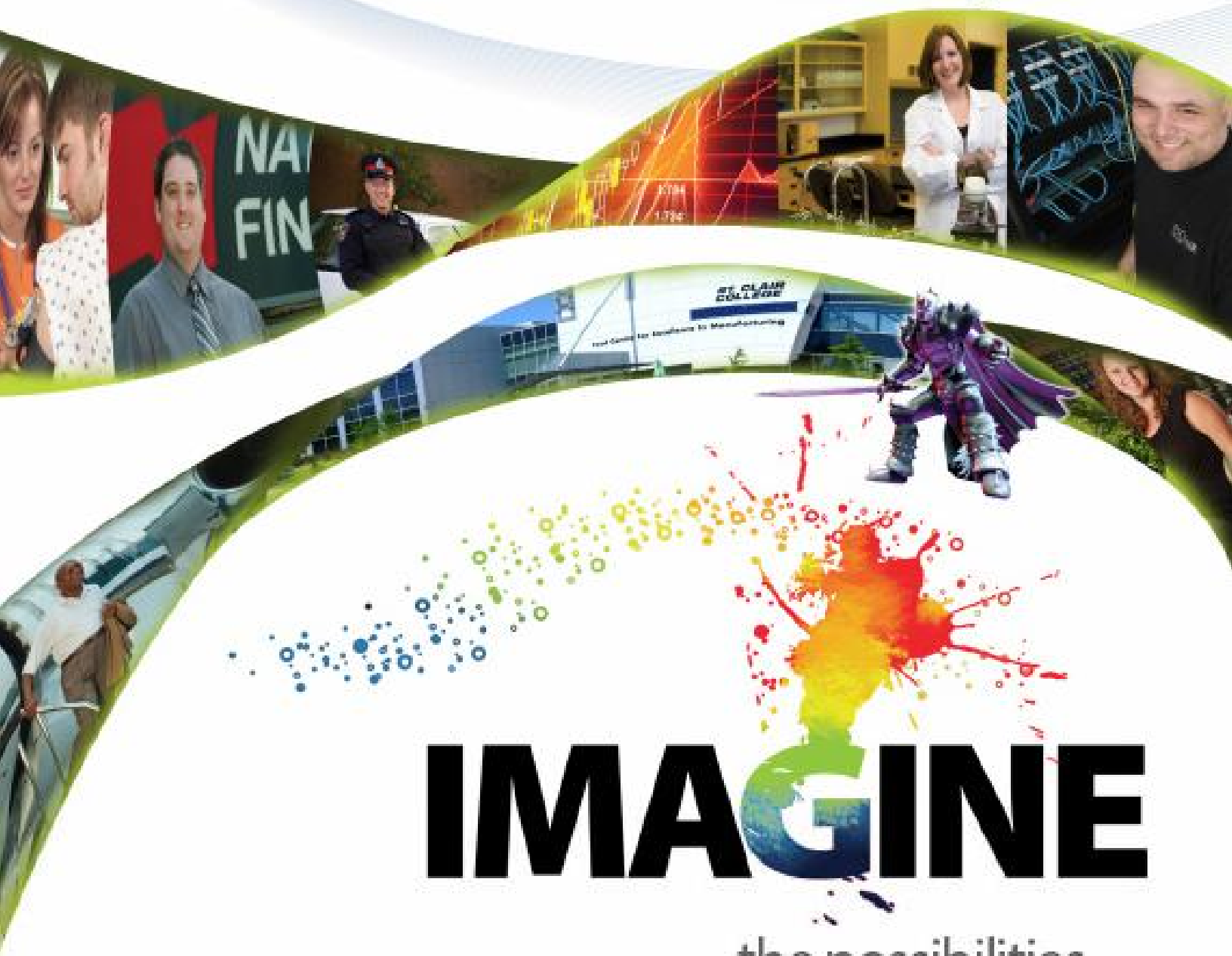


**WINTER SPECIAL** BUY ANY TWO LASER HAIR REMOVAL,  
PHOTO FACIAL OR LIPOMASSAGE TREATMENTS AND RECEIVE A THIRD TREATMENT FREE

GIFT CERTIFICATES, SPA, WEDDING  
& PRINCESS PACKAGES AVAILABLE

*A New You*

146 Wellington St. West  
519.397.0696  
[www.anewu.ca](http://www.anewu.ca)



# IMAGINE

the possibilities

Our grads are your

- Accountants
- Health Care Professionals
- Community Service Specialists
- Business Entrepreneurs  
and more.

In fact, St. Clair College  
can help you be  
anything you can imagine.

Call for your personalized  
tour of our campuses:  
**519-972-2760**  
[tour@stclaircollege.ca](mailto:tour@stclaircollege.ca)