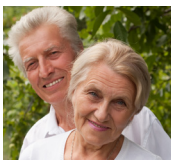


Healing Hands for VitalityPlus



Enhancing vitality, well-being and independence

Individuals enjoy multiple wellness benefits from their private VitalityPlus Program sessions.

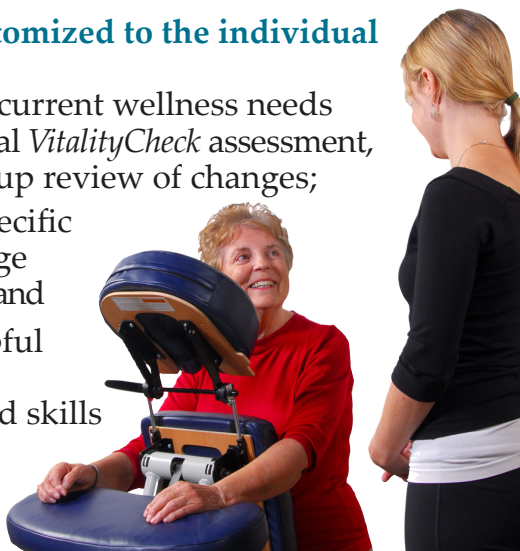
Wellness areas addressed:

- Strengthened stability and mobility
- Reduced chronic pain
- Improved circulation
- Enhanced relaxation and sleep
- Increased enjoyment of daily activities

Specially trained, fully certified Practitioners provide the VitalityPlus sessions.

Visits are customized to the individual and include:

- identifying current wellness needs with an initial *VitalityCheck* assessment, and follow-up review of changes;
- applying specific chair massage techniques; and
- sharing helpful information materials and skills to address needs.



VitalityPlus

Program convenience and comfort

Seniors of all ages and mobility levels enjoy the VitalityPlus Program sessions.

Individuals wear their loose clothing and sit upright on a padded, accessible massage chair. A table-top cushioned rest is used with people who stay on their personal mobility device.

The same Practitioner works with an individual for all sessions, providing in-depth, consistent care and enjoyable rapport.

One-on-one sessions are conveniently offered at individuals' chosen location – retirement communities, activity centres and private residences.

A cost-saving 8-session program card gives individuals the flexibility to book 15 or 30 minute sessions (weekly or bi-weekly) based on their wellness needs and availability. Pay-as-you-go single sessions and half-price introductory visits are also provided.

Sessions are easily scheduled by individuals when seeing their Practitioner, or by calling a central reservation number.



We invite you to learn more about the VitalityPlus Program and enjoy a trial session.

Info/Bookings: 250.590.2220 / 1.800.792.0452
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