

## SERVICES OFFERED AT OHC:

### LOW INTENSITY LASER THERAPY

Dramatically reduces the healing time so you can get relief from pain. It is used by The Toronto Raptors, Maple Leafs and Blue Jays.

### ACUPUNCTURE THERAPY

Corrects the flow of energy to restore health.

### CHIROPRACTIC THERAPY

For improved vitality, restored mobility and overall good health.

### GAIT EXAMINATION

Some feet deserve a little extra care. Custom made Orthotics to correct your individual foot problems.

### COUNSELING

Obtain clarity in your life and relationships through personal growth.

### MASSAGE THERAPY, SHIATSU, REFLEXOLOGY

Decreases stress and relieves pain related to injury.

### NATUROPATHY

A natural path to an overall physical, mental, emotional and spiritual well-being.

### ONE ON ONE PHYSIOTHERAPY

High quality, one on one physiotherapy catering to individualized goals and treatment programs resulting in optimal recovery to functionality and to overall health.

### SHIATSU, REFLEXOLOGY

Relax, release, restore and renew! Your body is in good hands.

### CRANIOSACRAL THERAPY

Gentle touch technique proven to reduce stress on the central nervous system and to assist the body in its own healing mechanisms.

### YOGA (individual or group)

Vitality, flexibility and focus for your mind and body.

### AESTHETICS AND MAKE UP

Immerse yourself in luxury!

### STEAM SHOWERS

Cleanse and rejuvenate your skin.

If you have extended health care insurance, most of our services will be covered. If you need assistance, just ask us.

We welcome you to our center for a free 15 minute consultation to see how our treatments can benefit you!

## OUR LOCATION



- P** - Street parking on Walker & Summerhill
- P** - Pay parking lot beside TTC station

### Optimum Health Centre

1246 Yonge St., Suite 303  
Toronto, On  
M4T 1W5

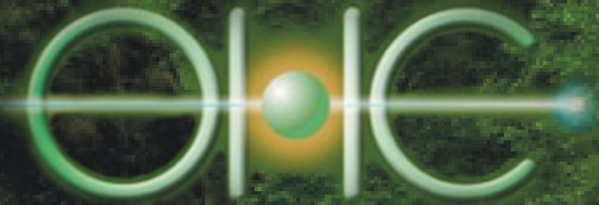
(A three minute walk from Summerhill  
Subway Station)

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Caring For Your Overall Well Being.

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