

Celebrate Healthy Nutrition with us!



Healthy eating is a lifestyle not a goal, and the proper nutrients will give you the energy needed to keep you going throughout your very busy day!

March is [Nutrition Month](#) we want to celebrate Healthy Eating with you. Our Dietitian, Jenifer Tharani, is booking FREE CONSULTS to help get you on the right track, weather you have questions about getting started or if you are well into your 2019 dieting goals.



Jenifer Tharani, RD

*Book with
us today!*
online booking now available

**WANT TO KNOW MORE FROM JENIFER?
READ HER LATEST BLOG POST ON HER
"7 NEW HABITS TO KEEP YOU LIVING
HEALTHY"**

KEEP READING

**to find out what we have going on this month and
some great collaboarations to come!**



EVENTS



Hannam Fertility Centre presents: Fertility & Your Future

March 08, 2019

12pm - Exchange Tower

Did you know that in Canada, 1 in 6 individuals/couples will struggle with fertility? Join Jennifer Malcew, RN, and Dr. Carrie Schram, MD, from the Hannam Fertility Centre as they decode some of the common myths about fertility and talk about the options their experience, research, and technology brings to YOU.



Register now!



Women's Health: The Pelvic Floor

March 20, 2019

12pm - Exchange Tower

Ever wonder what your pelvic floor is and what it does for you? Well, join us, to learn about what you can do for your pelvic floor. Pelvic Physiotherapists Sarah Hull & Emily Czechowskyj will teach you about common pelvic floor dysfunctions from puberty to pregnancy to menopause.

Save your spot!

JOIN OUR MAILING LIST AND NEVER
MISS A BEAT!
STAY UPDATED ON OUR TALKS, EVENTS,
NEWS, AND PROMOS.



Re.sil.ience

noun: resiliency

March 27, 2019

5pm - Exchange Tower

Are you wondering why you may not be as resilient as you would like? Wonder why some people around you are able to manage life's challenges with much more ease? Join Psychotherapist, Kavita Patel, in a discussion to explore and discover ways of becoming more resilient so when sh** hits the fan again and again, you will be better equipped to manage challenges, safe keep your vulnerabilities and bounce back!



Register Now!

did you know?

Short Work Breaks Increase Productivity and Reduce Stress



It is 3pm...we are 3 coffees in and slowly starting to feel sluggish and slightly unproductive. Aside from indulging in those sugary-delicious cookies that have been taunting us in the lunchroom all day, what else can we do to increase our energy levels and gain focus?

Our brain's ability to focus is directly correlated to our body's neuro-vascular function. You have likely heard that exercise can help to clear your mind, well this is true! The brain utilizes increased levels of oxygen and glucose in order to function optimally. When we are sitting for long periods of time our circulatory system becomes sluggish. It is through muscle contraction, vasomotion, and movement at our joints that fluid is circulated. When we get up and move around our muscles/joints will help to pump fluid through our system and help to supply oxygenated blood, and other nutrients such as glucose, to the brain and CNS.

Say 'no' to cookies, just get up and go for a stroll!

Andrea Lee
Osteopathic Manual Therapist



Check out Andrea's 10 Min Desk
Yoga Sequence for a few tips
on how to **stretch at your desk**
...and even more videos on our
YouTube page



RBC CANADIAN WOMEN
ENTREPRENEUR AWARDS

PRESENTED BY:
**WOMEN OF
INFLUENCE**
NOMINEE

We are pleased to announce
that owners, Alyza
Raithatha and Dr. Sapna
Sriram have been nominated
by RBC for their Women of
Influence Award!
good luck ladies!

HAVE NEWS OR COLLABORATION IDEAS?

OR

WANT TO SEE MORE OF US?

CONTACT VALENE@INTEGRAHEALTHCENTRE.COM

WE ARE ALWAYS LOOKING FOR WAYS TO REACH OUT TO THE COMMUNITY OR
FIND OUT ABOUT OUR WELLNESS PROGRAMS!

LEAVE US SOME LOVE

click [HERE](#) to leave us some feedback.

Exchange Tower - Commerce Court



**Referral
Magic**

KNOW SOMEONE
THAT NEEDS US?

*click [HERE](#) to refer family & friends
and find out what's in it for you!*

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