

# WELCOME 2020

*Do you believe in the saying "New Year, New You"?*

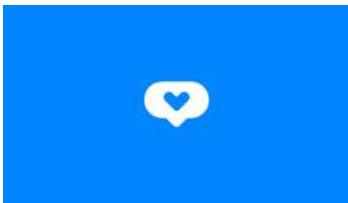
*Remember that your old self has gone through a lot to get you to today. Use the new year to aim towards new goals, cleansing your diet, and making healthier changes to your lifestyle. This is a great time to reset - not redo. If this seems impossible, take small steps and make small changes. Seek help - friends, family, and peer groups are great places to find motivation to make changes.*

*Don't forget that our **ALLIED HEALTH TEAM** are here to help you along the way too, both physically and mentally. Booking online makes it easy to find a time that works with YOUR schedule!*

**Check out our online  
booking page**

**Meet our team & learn more  
about what they do**





# Our TOP 10 of 2019

*In no particular order, here are some of the highlights of the last year at IHC. Our co-owners Dr. Sapna Sriram and Alyza Raithatha were nominated for the Mompreneurs of the Year award; - con't on the next page*

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*we ran a Fertility Check Clinic in partnership with Hannam Fertility Centre to a very engaged audience - a great collaboration, Dr. Sohaib Masroor was in Pakistan with IMANA raising money and helping communities rebuild; we added an online chat feature to our site and now offer e-receipts to improve our patient experience; we grew our team by almost double with the addition of so many talented practitioners; and on that front congrats to our 7 staff members who welcomed new babies into their families last year; our Physios were honoured to be a part of the Canadian Fertility Show to promote Pelvic Health and Wellness; our Christmas Toy Drive for families in need was a huge success - our toy boxes were overflowing and your generosity was greatly appreciated; and last (but not at all least) Dr. Sapna Sriram was featured on The Social talking about the importance of travel health - [WATCH it now.](#)*

## Speaking of new additions...



We are excited to welcome our new Psychotherapy interns Cassandra Francis and Aneta Dzienniak. While they are working towards completing their qualifications, they are being supervised under our current Psychotherapists. Read their bios to find out their areas of interest.



Cassandra Francis



Aneta Dzienniak

# Upcoming talks..



**BACK BY POPULAR DEMAND!**

CYNOSURE

SculpSure®



SculpSure Body Contouring - INFO SESSION with  
Dr. Sarah Cook & Nick Diclemente

February 07, 2020 12pm

If you missed our first session, then be sure to save your seat now!

Got a stubborn spot that just won't go away no matter how much you work out or eat right? Come find out about how you can get rid of it with no surgery or downtime. All attendees will receive a special promo, so be sure to book early as spots are limited.

## register here.

TBA: stay tuned to our weekly  
emails for more talks &  
workshops

Is there a topic you want us to cover? Drop us a line at [info@integrahealthcentre.com](mailto:info@integrahealthcentre.com)

LEAVE US SOME LOVE

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

