



INTEGRA  
HEALTH CENTRE



# HAPPY HOLIDAYS FROM INTEGRA HEALTH!

From our family to yours, wishing YOU a happy & healthy holiday season. A special thanks to everyone that supported our Movember Campaign last month. All proceeds went to the Movember Foundation in support of cancer research and suicide awareness.

Stay healthy this season with Mindful eating practices and enjoy the taste of season and all the memories to come. Find out more about mindful eating with Jenifer Tharani, our NEW registered Dietitian Nutritionist.

INTEGRA-  
COMMERCE  
COURT IS NOW  
OPEN!

KEEP READING

Our first week was a success and we are looking forward to many more to come! Hosting Family Medicine, Walk-In Clinic, Foot Clinic & Custom Orthotics, Individual & Couples Counselling, and even more services to come in the new year, we are excited to be the one-stop for all your Health and Wellness needs. Our modern and contemporary space is designed to welcome YOU, so book your next visit with us! Now accepting patients for Family Medicine. Add yourself to our list now.



planning your  
future family?

There has been a lot in the news lately about planning for your future family. If it's not the right time for you, if you want to focus on your career right now, if you want some time to travel the world, or you just haven't met the right person yet:

Hannam Fertility can help you!

Information about fertility and planning can be confusing and misleading.

Talk to a trusted fertility specialist about your options, get a snapshot of your current fertility status, and make informed decisions if fertility planning is right for you.

Our doctors can refer you, so book an appointment with us to find out more!

## SAVE YOUR SPOT AT OUR WORKSHOPS COMING THIS MONTH!

**Concussion & Vertigo: How to make it through  
your workweek**

**December 07, 2018 12pm**

Have you had a concussion in the past but still dealing with symptoms such as headache, dizziness, sensitivity to light and sound, nausea, fatigue, fogginess? You might be dealing with post-concussion syndrome. It is crucial to manage concussions promptly and appropriately until complete recovery to avoid re-injury. Join us to find out more about concussion and vertigo treatment and care, hosted by Sarah Hull, registered Physiotherapist.

**BOOK NOW**



Sarah Hull, PT

# Little twist for your 2019 new year's resolutions: A Plant Based Diet

Dec 11, 2018 12pm

There's something about January that makes us want to re-group and renew. It might be motivational to put strict food rules in place, but this kind of thinking can make food seem like the enemy. We should not set resolutions that focus on negatives, food should be your ally on the path to health and well-being. Join Jenifer Tharani, RD for this workshop on incorporating a plant based diet in to your life, plus recipe demos of quick, simple, no cook recipes.

\*only a few spots left! **BOOK NOW!**

**RSVP TODAY**



Jenifer Tharani, MS, RD

 \*Please note that our December Manual Therapy Workshop has been **CANCELLED**

**Hannam**  
fertility centre

**IF YOU CAN'T GO TO THEM, WE'LL  
BRING THEM TO YOU!**

**STAY TUNED FOR UPCOMING COLLABORATIONS AND  
WORKSHOPS WITH HANNAM FERTILITY EXPERTS IN THE  
NEW YEAR.**

**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!*