



HAPPY BIRTHDAY INTEGRA HEALTH

We are celebrating birthdays this month!

We couldn't be more thankful to our community for their continued love and support as our Exchange Tower location turns 4. And this year is extra special because it is also the 1 year birthday of our Commerce Court location.

If you haven't been in recently, now is the time to use up the last of those benefits before they expire. Be sure to book early to get the appointments you need. Feeling great? Then use our birthday promo to try a new service. [Book online](#) today!

PROMO ALERT: \$25 off any initial service (exceptions apply)*

**promo excludes Chiropody and Psychotherapy services.*

**We are still growing to meet
your demand! Keep reading to
meet our new staff additions.**

KEEP READING





IMANA
ISLAMIC MEDICAL ASSOCIATION
OF NORTH AMERICA

Help us raise \$\$ for relief

IMANA Medical Relief and CDRS (Comprehensive Disaster Relief Services) are sending medical missions to their Mother and Child Health Center in northern Swat, to help treat thousands of patients from among the neighboring rural populations.



Dr. Sohaib Masroor is joining their relief team again this November, after volunteering his time to aid Syrian refugees with IMANA last year. Help us support his efforts and **DONATE TODAY!**

Read more about IMANA here:



Our newest additions!



We are excited to be introducing our newest team of Family Doctors and Allied Health Practitioners at Integra Health! If you are still looking for a family doctor, add yourself to our waitlist and we will contact you.

ADD YOURSELF NOW!



Michelle Graham, RMT



Dr. Amy Polsinello



Dr. Braden Gravelle

Talks this month..



We are taking a break till the end of year so don't miss the last of our 2019 talks!

CYNOSURE
SculpSure®



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

November 15, 2019 12pm

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.

Hannam
fertility centre

Taking Control of Your Fertility with Dr. Arnold Mahesan, Fertility Specialist & Aalia Jahurali, Fertility Check Nurse

November 21, 2019 12pm

We've all been taught how not to get pregnant...but has anyone told you how to get pregnant? Join us for a presentation on Fertility Health hosted by Hannam Fertility Center, the leading specialists in fertility care. As an added **bonus**, they will be doing on the spot Fertility Checks, for those who are interested and provide you with a snapshot of your fertility health and ovarian reserve.



Learn about: cycle timing for natural conception, why having information about your eggs (ovarian reserve) can be extremely useful, and how a simple blood test (AMH) can give you valuable information about how your current fertility status may impact your ability to build your future family. AMH blood tests will be available that day.

Planning a Happy Pregnancy with Dr. Shannon Vander Doelen, ND

November 27, 2019 12pm

If this is the year you are planning to become pregnant, the time to start preparing is now! The health of a parent prior to conception sets the foundation for their child's health throughout their life. This informative workshop will help you to understand what pre-conception health is, and why it is so important for a healthy baby and a healthy pregnancy! Sometimes just knowing about "the birds and the bees" isn't enough. Dr. Shannon's goal for this workshop is that you leave feeling empowered and equipped with the knowledge you need to plan for a healthy and happy pregnancy.



Topics covered include how to choose a prenatal vitamin, blood testing you may consider, the lifestyle strategies you should implement, and how to appropriately track your menstrual cycle to optimize your chances of conceiving.

REGISTER HERE FOR OUR TALKS!

Don't forget to use up your
benefits before the end of
the year. Book early!

LEAVE US SOME LOVE

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

