

2009 - 2010

ACTIVITY AND

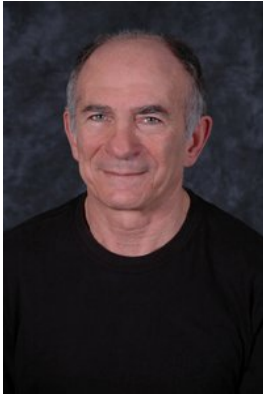
INFORMATION

GUIDE

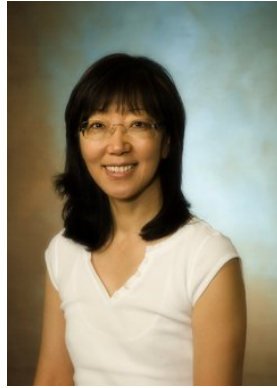
AS OF JANUARY 12, 2010

MASSAGE THERAPY

Registered Therapists:



Alex Pogrebinsky



Carole Eder



Anne Wegner

Call Member Services to make your appointment at 482-2371

Alex, Carole, and Anne employ a range of hands-on techniques, which will help enhance tissue health, reduce stress and dysfunction from injuries or chronic conditions. Overall massage leads to improved health and well being.

Fees

1 hour treatment:	\$75.00 + GST
45 minute treatment (Alex ONLY):	\$60.00 +GST
Half hour treatment:	\$45.00 + GST
5 One hour treatments (Alex ONLY):	\$325.00 + GST

Massage Therapy is recommended for:

- Reducing stress
- General relaxation
- Relief of muscle pain and stiffness
- Rehabilitation of car accidents
- Sports related injuries
- Discomforts of pregnancy

Massage Therapy is effective in the treatment of:

- Muscle spasms
- Strains & sprains
- Headaches & whiplash
- Repetitive strain injuries
- Tendonitis & bursitis
- Arthritis and sciatica

Massage Therapists are members of:

- Remedial Massage Therapists Association of Alberta – RMTA
- Massage Therapists Association of Alberta – MTAA
- Natural Health Practitioners of Canada – NHPC