

Helping You Achieve Health . . . Naturally!

Upcoming Events

January 2010

OIHC STRETCHING CLASS

The Ottawa Integrative Health Centre is excited to announce the addition of morning health and fitness classes.

Starting in **January 2010** Kelly Bradley will be leading a morning **STRETCHING CLASS**. Kelly holds many certifications including BSc Kinesiology, strength and conditioning specialist, holistic lifestyle coach, group exercise instructor and fitness assessment specialist. For more information, or to register, please contact the OIHC at (613) 798-1000

HEALTHY NEW YEAR, HEALTHY BODY - NATUROPATHIC APPROACH TO WEIGHT MANAGEMENT

Healthy lifestyle changes to help you achieve a healthier you for many years to come.

Presented by: Christine Nguyen ND

Date: Tuesday, January 12th from 7-8 pm

Location: The Real Canadian Superstore, 2nd Floor Community Room, 190 Richmond Rd., Westboro.

To register please contact Pat Wilson at (613) 722-5890 x4

VACCINE WORKSHOP

Presented by: Shawn Yakimovich ND

Date: Saturday, January 30th @ 10am and April 24th @ 10am

Location: OIHC 2nd Floor seminar room

Cost is \$10 per person

To register please call (613) 798-1000

TAKING THE PRESSURE OFF: NATUROPATHIC APPROACH TO HIGH BLOOD PRESSURE

Blood pressure can be effectively managed with dietary, lifestyle and natural therapies.

Presented by: Christine Nguyen ND

Date: Tuesday, February 16th from 7-8 pm

Location: The Real Canadian Superstore, 2nd Floor Community Room, 190 Richmond Rd., Westboro.

To register please contact Pat Wilson at (613) 722-5890 x4