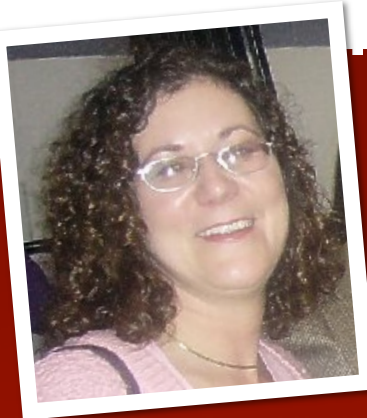


JOELLE PECZ-HOLMES

Registered Massage Therapist

MESSAGE IS THE STUDY OF ANATOMY IN BRAILLE. JACK MEAGHER



Joelle Pecz-Holmes, RMT

A long and winding road brought Joelle to the Holistic Wellness Centre. Joelle has completed diplomas in Massage and Hydrotherapy, and Biological Research Technology. Joelle worked for several years in the Pharmaceutical industry and with the Government of Ontario. Joelle tailors every massage to her clients needs whether it be therapeutic or relaxation in nature.

Joelle is available Monday-Friday from 8am-5pm. Call (519) 966-7880 to book your appointment.



✧ Massage Philosophy ✧

Massage is a benefit to all people whether it is for discomfort or the prevention and maintenance for optimum health. Through the holistic view of massage the entire body is treated not just the part that is causing discomfort therefore increasing the body's well being and improves mind-body awareness.

WHAT IS MASSAGE?



The practice of massage therapy is the assessment of the soft tissue and joints of the body and the treatment and prevention of physical dysfunction and pain of the soft tissue and

joints by manipulation to develop, maintain, rehabilitate or augment physical function, or relieve pain. (Massage Therapy Act, 1991)

Massage is often used for specific reasons, such as relief from pain, stress reduction, or enhancement of athletic performance. But whether there is a specific goal or not, massage therapy tends to increase the general health and well-being of the recipient.

Extended Health Insurance

Most progressive extended health insurance plans cover massage therapy treatments when provided by a Registered Massage Therapist. Some have the requirement of a physician's note for massage

therapy treatments. You may either be required to pay for individual treatments and submit the expense for reimbursement or the treatments can be billed directly to the insurance company on your behalf. If treatments are to be billed directly for you, you may need to sign an Assignment of Benefits form so that payment goes directly to the RMT. Contact your employer for further information.

©Marty Bucella <http://members.aol.com/mjbtoons/index.html>



"Company health plan? Well, we here at BozoCom like to think that laughter is the best medicine."