

Reflexology and Bowen therapy treatments for relaxation, pain management, and stress relief



Ruth Schippers RN

- 25 years as a Registered Nurse (specializing in emergency medicine and palliative care)
- Qualified as a Registered Reflexology Therapist in 1998
- Completed 2-year Holistic Health Program at Langara College in 2001
- Certified Bowen Work Therapist by the Bowen Therapy Academy of Australia in 2007.
- Member of the Reflexology Association of Canada since 1998
- Certified ongoing training has included: Cranio-sacral Reflexology, Sport Bowen, and Bowen Bridge – Level 1 and Special Procedures level 1 of Bowenwork.
- Now certified in Specialized Bowen Procedures 2 from the Bowen Therapy Academy of Australia.
- Member of the Natural Health Practitioners of Canada


Services

Bowenwork:

A gentle, safe, effective method that triggers the body to heal itself. Most symptoms are relieved with just 2-5 treatments!

Reflexology:

An ancient healing technique that is done on the feet, hands and ears. In modern times science has been able to map out the body on the feet, hands and ears. The reflexes are reached and stimulated with pressure from the practitioner.



Our hearts are constantly involved from the romantic to the physical and this time of the year we seem to put more emphasis on the HEART.

Happy New Year! This morning let us enjoy a slight dusting of snow, sunshine and very fresh air. A beautiful day for a walk to the ocean. We are so lucky to live in Victoria!!

Many of us lost someone we care about very much this past year, for some us this came over the holiday season. I am conscious of being more tired at times and realizing I just can't pick up the phone and chat with my Mom and see how she is doing. We were lucky to have the help of hospice in Langley through the Home & Community Nurse to help us. Having worked with Victoria Hospice I was very aware of the increased resources we have in Victoria for end of life care and what a privileged that is for our residents here. If you want more information on

this wonderful resource please check out <http://www.victoriahospice.org/patients-families/publications> Their information can even be helpful to you and your family in other parts of the province or anywhere in Canada.

This year will bring weddings and new babies in our enlarged family.

To help support the Mind/Body/Heart connection - please remember to **take advantage of the two (2) special Friday Discount rates** I have for my Bowenwork and Reflexology Treatments. **A 50% saving** over a regular treatment. February is already booked but March 2nd and 9th still have space.



Regular Clients: **your Birthday = 50% discount** treatment. Remember to truly self indulge yourself to your favorite treatment.

Emergency Preparedness

Emergency Preparedness is looking for some new volunteers. Do you have 1 to 2 hours a month? Would you like to learn how to help out in a disaster – big or small?

We're looking for members to join these four teams: Evacuee Assistance, Auxiliary Communications, Urban Search and Rescue, and Emergency Operations Centre. Learn more at our Volunteer Recruitment Session on Tuesday, January 24, 2012, from 7 p.m. - 9 p.m. at the Oaklands Community Centre, 2827 Belmont Avenue. Register by email at vema@victoria.ca

For more information, visit: www.PrepareVictoria.ca

Juice PLUS+ PREVENTION Plus+



Juice Plus Health Education seminar: Come listen to Liza Pepple Monday, Jan 30, at 7 pm.

How the company sources the product's ingredients and determines the safety of them. [Download the flyer](#) for more info.

Eating well helps our Heart - Plan for success

Choose to make one small change that is manageable and realistic. For example, if your end goal is to get your gang eating more vegetables and fruit, the actual behaviour change needs to be measurable and specific, such as: have salad almost every night at dinner, or buy one new vegetable

or fruit each week when you grocery shop, or eat fruit for dessert at least four times a week.

[Read the full article.](#)

For a special dessert check out the **Apple Blueberry Compote** - use those lovely blueberries you put in the freezer last fall from our local fields. [Get the recipe.](#)

Prep time: 5 min | Cook time: 10 min | Servings: 5

• per serving Calories: 75

