

**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.
- Currently working on Bowenwork Special procedures 2 which offers more moves for difficult problems and cranio-sacral reflexology advanced.
- Member of the Natural Health Practitioners of Canada

**...aaahhh, May.**

The Beautiful May flowers, long days, and warm weather have arrived . Please take a moment each day to enjoy the gifts in your life and around you. So many wished they had . .

Attune holistic health gives you time & a whole approach if you wish . . . As nurses we work hard to give patient care from all aspects of a person's needs. From my stand point working in the ER we treated pain but most people needed more help to full wellness. In my private business it is a honour to help you with pain, stress and not be limited with time limitations so that you can truly relax and get as much benefit as you wish from a treatment. Most appointments run 1.5hrs but I have clients frequently up to 2 hours. I invite you to come and be "Treated" try a Bowenwork treatment or Reflexology to help you live life to the fullest.



**Don't forget you could win a free treatment** by coming out and supporting Ladies Golf at Highland Pacific & the Garth Homer Society. Next game May 2,@5:30pm.



Don't forget to try a treatment on **50% discount Friday** – next available appt. May 13th then June 3rd & 10th.

*Juice PLUS*  
**PREVENTION Plus+**

**Juice Plus**

Please join

Dr. Barbara Dyble and  
Radka Prusha MSc, MASc, RNCP

**Prevention Plus Seminar:**  
**How to be Healthy, Living  
in a Toxic World**

Date: May 12th

Time: 7pm

Place: Saanich  
Commonwealth  
Centre



**Emergency Preparedness Week**

**Disaster Preparedness: May 1-7 is Emergency Preparedness Week**



As a starting place, many pre-packaged emergency kits are available like this one from the Red Cross.

This is the week you and your family need to make a plan and get or make an emergency kit, in case of disaster that will cover you for at least 72 hours.

Get Help with being prepared from: [Victoria Emergency Management Agency](#) or The Government of Canada [GetPrepared website](#).

Or come visit our booth at the Quadra Village festival on Saturday May 7<sup>th</sup>

**Contest**

**Win one Wonderful Relaxing Treatment of your choice**

Mail or email your entry with Name & Phone number & email address along with a visual impression of how you feel after a treatment. This can be in the form of a photo or... ? There will be a random draw June 30th.

**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.