

**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.

VIP FALL INTO
BALANCE

Thank you to all the ladies who signed up to have a sample taste of Reflexology Fall into Balance Event held at the Parkside Hotel on Sept. 18th but did not get a chance to try it. Please take advantage of your Discount on the back of the business card you picked up that day or just give me a call and let me know you want to try a full treatment. You will leave very relaxed and your feet will feel wonderful.



New Wheels for Attune



Well after many years enjoying our van we have downsized to a Ford focus.

We purchased our new "Phantom" as we call it from Suburban Ford with the help of Brent & Seth. Mike R. at Graphic Fx has done a great job on the rear aspect of the vehicle. Say hi to John and myself if you see it out and about.



Juice PLUS[®]
PREVENTION Plus+



Fall is here and I know you are trying to eat your 7 - 10 servings a day of local fruit and veggies to help support your immune system. Check out my juice plus site www.attunehjuiceplus.com and I recommend reading www.childrenshealthstudy.com for ideas in helping your family eat well and stay healthy. Children that help select and prepare the fruit and veggies will actually eat them.

Emergency Preparedness

Take a look at a [news clip with Rob Johns](#) showing us how to drop, cover and hold on. For more information, visit www.shakeoutbc.ca.

LEARN HOW TO BE EMERGENCY PREPARED

Each year, the Victoria Emergency Management Agency offers a number of free workshops to educate individuals and families on how to prepare for emergencies such as power outages and winter storms, and disasters, such as an earthquake, tsunami or other natural disaster.

WHAT WILL IT TAKE FOR YOU TO BE PREPARED FOR AN EMERGENCY?

Learn what hazards can affect us in Victoria, what you need to do to be prepared for an emergency, and how to build your own emergency preparedness kit at our Emergency Preparedness Workshops offered throughout the year.

FALL 2011 EMERGENCY PREPAREDNESS WORKSHOP SCHEDULE

Join us for a free Emergency Preparedness Workshop.

Thursday, October 20, 7 p.m. to 9 p.m.

Fairfield Gonzales Community Place
Garry Oak Rm., 1335 Thurlow Road

Tuesday, October 25, 1 p.m. to 3 p.m.

Victoria City Hall, Antechamber
(at Douglas Street and Pandora Avenue)

Tuesday, November 22, 7 p.m. to 9 p.m.

Cook Street Village Activity Centre, 380 Cook Street

Thursday, November 24, 1 p.m. to 3 p.m.

Victoria City Hall, Antechamber
(at Douglas Street and Pandora Avenue)

To register for a free workshop, contact the Victoria Emergency Management Agency at 250.920.3373 or e-mail at vema@victoria.ca