

## Wellness Centre testimonials

“Approximately one month ago, I called the Community Program Coordinator, to book a massage at the Wellness Centre. I was informed about a new program called Reflexology. I was unaware of what this was, and I got a brief description about it, and decided to make an appointment.

I was a bit skeptical at first about what this was, and wondered how by working on my feet I could experience relaxation and well being throughout my entire body. After my first session, I was sold!

Before the session I felt tense and stressed, but after the session I felt totally relaxed. This relaxation lasted for a few days. I have since booked other sessions, and look forward to these appointments.”

-Jarvis Client

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“My shoulders, neck and upper back were tight and tense before the sessions. After the sessions, I felt these body parts more loose and relaxed.”

-Jarvis Client