

Our Commitment to You During COVID-19

The health of you, your families, our team, and our community is our primary concern. We are continuing to follow government recommendations and are monitoring changes to federal, provincial and/or municipal requirements. We will update policies etc. as needed, to best serve our patients and the whole community.

In the unlikely event that there are too many people in the office at once, you may be asked to wait in your car or outside until it is your turn. This means that it is essential that you come at your appointment time (not early or late).

We have modified our hours to help to limit the number of people in the building at one time to accommodate the social distancing rules. We have spaced out our equipment and chairs to ensure proper distancing. Please do your best to adhere to the social distancing recommendations when inside the office and stay 6 feet away from each other.

Try to keep all personal belongings with you. If you can do without them in the office, keep your glasses, coats in your car.

Please either wash your hands at entry or use hand sanitizer. There is hand sanitizer throughout the building as well as four sinks where you can wash your hands. Wash or sanitize your hands before you leave the building.

We have temporarily suspended the use of your pre and post adjustment exercises including neck traction and the arthrostim. “Virtual hugs” will be given post adjustment with the parting wishes of health and wellness or the Yoga term: Namaste.

Get plenty of rest, drink water, avoid sugar and follow our nutrition plan.

Please do not hesitate to reach out to the team with any questions or concerns. Always remember that love, life, health and happiness come from the inside of you. You cannot find it on the outside.

The Welcome to Wellness Team