

**KAMLOOPS**  
**ACTIVE HEALTH**  
 chiropractic • rehabilitation • massage

# QUARTERLY NEWSLETTER

Comprehensive  
Care for Optimal  
Health and  
Performance

## CLINIC NEWS:

Hello everyone,

My fiancé and I are thrilled to announce a new chapter in our lives, I am expecting our first child in December! I will be taking 6 months off work but not to worry I have found someone to take over while I'm gone. Her name is Jennifer Koebernick. Jennifer is available to help you with all your massage needs and will have access to your files. All my clients will be booked in with Jennifer during my absence. I am still working until the end of November, just on a modified schedule. Thank you for all your support, we will keep you posted.

Lonna Neill RMT



## STAFF SPOTLIGHT:

**Tania Jenson, RMT**

I teach chair yoga at Desert Gardens on Monday, Wednesday and Friday at 11am for 30 minutes. The class is 2\$ for a drop in and I focus on upper body postural awareness, neck releases, lower body conditioning exercises and breath work. Also included in the class is pet therapy as I often bring my dog Wilson.

I also teach a mixed all levels class at Let's Move Studio on Saturday

at 10:30am for one hour. Your first class is free, drop in is 12\$ and there is a selection of punch or session cards for multiple visits. I mix conditioning exercises with traditional yoga poses for safe and alignment based practice. This allows access to areas of the body and abilities we have not yet tapped into. Gradually moving into poses with safety and awareness. I look forward to seeing you on the mat.

## Painful Jaw? We can help!

*Written by Dr. Laura McCall*

Did you know chiropractors can treat jaw or TMJ pain? The pain can stem from the joint itself, the many muscles that move our jaw and also from the upper neck. Tightness in these structures can lead to pain within the jaw itself or often present as a headache, earache or pain along the sinuses, forehead or temples. The chiropractors at Kamloops Active Health are all trained to assess and correct any joint restrictions or muscle tightness using a variety of techniques customized to fit your needs. Please ask your chiropractor if you have any questions regarding this prevalent condition.

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