

Comprehensive
Care for Optimal
Health and
Performance

CLINIC
NEWS :

Happy Holidays
everyone!

We hope you're all
keeping warm and
healthy this winter!
KAH will be open for
appointments all
through December,
including Dec 21-24
and Dec 28-31. We
are also open on
Saturday, January 2.

This year we are
proud to again give
back to our
community by
sponsoring a family
Christmas hamper
through the Y
Women's Shelter.
We were also
fortunate to
participate in this
years Kamloops
Shoe Box Project.



Staff Spotlight:

Jil Forbes, RMT

We are very excited to welcome Jil Forbes to our KAH team!

Jil Forbes grew up in Kamloops and completed her training at the Vancouver College of Massage Therapy. Recently, Jil completed a course in Stecco Fascial Manipulation in Italy. She is also completing her Registered Yoga Teaching certificate to bring a holistic element into her practice.

Jil has experience treating conditions such as: postural and pelvic imbalances, TMJ (jaw) dysfunctions, athletic injuries, sciatica, carpal tunnel, motor vehicle injuries (including ICBC), headaches, arthritis symptoms, low back pain, sprains and strains, and more!

Check out her full bio at www.kamloopsactivehealth.ca

Busy times at KAH!

We are having a very busy December here at KAH! We are excited to welcome THREE new staff members to our team: RMT Jil Forbes and office administrators Katie Shantz and Maria Bett! And on December 21, we are took the leap and went PAPERLESS! We are implementing a brand new computer system, and we appreciate your patience and understanding as we go through this transition. This new system will also allow our patients to book ONLINE, which will be available in the spring. Our new computer system is web-based, and all patient information will be stored on a secure Canadian-based server in compliance with all Health Canada regulations. Please make sure we have your current email address so we can email your receipts and appointment reminders! If you have any questions or concerns, please feel free to contact us!

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