

TSAWWASSEN MASSAGE THERAPY CLINIC

serving the community for over 20 years

604-943-9677

Spring Newsletter 2013

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1) **You've got tax pain? We can help you with that!**

Though we can't ease the pain of paying the inevitable toll to the CRA, we can help relieve your aching muscles if you have been hunched over a computer for hours, adding copious receipts or deciphering your own return. A massage can also help reduce stress levels that tend to be high at this time of year. Many people come in to our clinic with their shoulders scrunched up around their ears as their bodies respond negatively to the demands of tax time. Got tax pain? Let a massage help you with that!

2) **Mother's Day Gift Certificates**

Mother's day is fast approaching. The one day of the year that we truly acknowledge the moms in our lives that have loved and nurtured us. "A Mother's work is never done". Moms are constantly multi-tasking and traditionally put themselves last on the list for everything, including care.

This year when you find that special bouquet of flowers for your mother, wife, or other special woman in your life, tuck in a gift certificate for something she really needs: give your mom a **gift certificate** for a professional Massage Therapy treatment from a licensed RMT. Remind her to take the time for herself she deserves, we will do the rest. All our therapists at Tsawwassen Massage Therapy Clinic are exceptionally trained and professionally registered in British Columbia. We look forward to meeting your moms.

3) **Spring has sprung!**

After a long, grey, wet winter we are finally seeing the sun. It is as good for our souls as it is for our gardens. Unfortunately, working in those gardens can give our bodies some grief. As much as we appreciate our yards, our efforts are often not as appreciated by our hips, knees and backs. It reminds us that we are not invincible and sometimes we need a little assistance to feel better. The good news is that at TMTC we are here to help you keep up with all the activities you love to do.

4) **RMT Info**

Did you know that the Registered Massage Therapists in British Columbia are the best trained in the world? It's true! Each and every RMT in BC has exceeded 3000 hours of education in human anatomy, physiology, and kinesiology as well as hands-on training in multiple physical and rehabilitation sciences. We are also required to continue our education throughout our professional careers.

Check out our website : tmtclinic.com

**Massage Therapy is a safe, effective, drug-free treatment.
Get well, stay well.**



5) About Us:

Tsawwassen Massage Therapy Clinic has been part of the medical community in South Delta for over 20 years. We are health care professionals committed to restoring and maintaining optimal health and pain-free function of the human body. Our therapists are all British Columbia Board Certified Registered Massage Therapists. RMT's will accurately assess and treat your chronic pain, injury rehabilitation and stress related issues with massage, joint mobilization and rehabilitative exercise, such as stretching, postural correction and patient education.

We have early morning, evening and weekend appointments available.

Most **extended health care** plans cover your massage therapy treatments with an RMT. Contact your insurance provider in order to be clear on the details of your coverage. If you do not qualify for extended coverage, save your receipts as you may be able to claim them as a medical expense with Revenue Canada.

FEEL FREE TO CONTACT US AT info@tmtclinic.com

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