



active life

physiotherapy

GRAND OPENING

Everyone welcome

How flexible are you? Find out on Sept. 23 from 10AM-4PM and join us to celebrate during the Fall Festival at the John Braithwaite Community Centre, 145 West 1st Street.

GET ACTIVE AGAIN NOW

If you're suffering from pain due to an injury and want to get quick relief through intensive one-on-one treatment, you need to get to know Heather King and Sophia Sagur. Physiotherapy graduates from the University of Toronto, Heather and Sophia bring a combined 15 years of experience and extensive post graduate certification to Active Life Physiotherapy, their new North Shore health practice.

Their 'boutique style' approach emphasizes

undivided attention for your recovery in an atmosphere of caring and a unique community centre location.

"We only see one patient at a time and our appointments are longer than most physio clinics," says Sophia.

"Our location in the John Braithwaite Community Centre Fitness Centre also offers access to a full fitness facility."

In addition to regular physiotherapy, they also specialize in endurance athletics with three unique diagnostic services: video

gait analysis, video bike fit analysis and a preventative sports screening assessment. Covered by many insurance plans, Active Life Physiotherapy is designed to get you up and running as quickly as possible and no referral is necessary.

"Our slogan is 'Keeping you active in life,'" says Sophia. "We are a modern 'paperless' clinic, and we have online booking available for clients at www.activelifephysio.ca."

Check them out online or call 604-987-5433 today for an appointment.



SOPHIA SAGUR
Registered Physiotherapist
CERTIFIED IN
MANUAL THERAPY



HEATHER KING
Registered Physiotherapist
CERTIFIED IN SPINAL
MANIPULATION AND
ACUPUNCTURE

145 West 1st Street, North Vancouver
located inside the John Braithwaite Centre
www.activelifephysio.ca

604.987.5433

KEEPING YOU ACTIVE IN LIFE!