



# BLACKRIVER

HEALTH & THERAPY

Move Better. Feel Better. Live Better.

# JUNE

## NEWSLETTER

Thank you for being part of our journey.

### NEW TO THE TEAM – JUNE

#### Gerald, RMT

Gerald can help with sports injuries, muscle tension, postural strain, mobility restrictions, shoulder issues, frozen shoulder, thoracic outlet-type discomfort, and recovery after activity or overuse. His kinesiology background and athletic experience also make him a great fit for patients looking to improve movement, reduce pain, and return to daily life or sport with more confidence.



#### AVAILABILITY:

Monday & Fridays 3pm – 9pm  
Saturday 9am – 5pm

### NEW: DISCOUNTED MASSAGE THERAPY OPTIONS

Great care. Lower cost. Perfect for those on a budget.



Please note: Kailey and Edmar are not able to direct bill insurance.

#### Kailey

MASSAGE THERAPIST (INTERN)

With a background in Kinesiology, Kailey has a passion for helping others feel their best.



#### Focus Areas:

- ✓ Pre & post-natal care
- ✓ General tension relief
- ✓ Recovery & maintenance care



#### AVAILABILITY:

Thu: 3pm – 9pm  
Sat: 9am – 5pm

#### Edmar

MASSAGE THERAPIST (INTERN)

With a background in Kinesiology and experience as a competitive breakdancer, Edmar has a strong focus on movement and recovery.



#### Focus Areas:

- ✓ Active individuals
- ✓ Mobility & recovery
- ✓ General body maintenance



#### AVAILABILITY:

Sun: 9am – 5pm  
Tue & Wed: 3pm – 9pm



#### Steven, RMT

Steven is passionate about helping patients move better, recover faster, and feel their best through personalized, evidence-informed care



#### Baiba, RMT

Focus on mobility, recovery, and personalized care to help you move and feel your best.



#### Mark, RMT

Assessment-based treatment with a focus on TMJ, headaches, deep tissue work, and functional recovery.



#### Andrea, RMT

Strong therapeutic approach with a focus on deep tissue work, injury recovery, and helping patients stay strong, mobile, and pain-free.



#### Julia, RMT

Passionate about mobility and movement-based care, helping patients improve range of motion, restore function, and move with less pain.



#### Omer, RMT

Over a decade of experience helping patients manage pain, recover from injuries, improve movement, and feel better in their daily lives.

### CHIROPRACTOR CARE

#### DR. Micaela Bremner

Chiropractor

Evidence-based chiropractic care focused on movement, recovery, women's health, shoulder and hip concerns, and lower back pain.

Treatment May Include:

- Manual soft tissue release
- Joint mobilizations
- Rehabilitation exercises
- Pregnancy and postpartum support
- Movement and posture guidance
- Shoulder, hip, and lower back care



### WHY CHOOSE BLACKRIVER?



Registered Massage Therapy



Chiropractic Care



Direct billing available



ICBC claims accepted



Free parking on site



Evening & weekend appointments



Thank you!

BOOK YOUR APPOINTMENT TODAY!

blackriverhealth.ca 604-416-2500

We look forward to seeing you!