

A Wellness Mash-Up

One definition of a Mash-up is a mixture or fusion of disparate elements, and that explains this series very well. Come and explore three different and alternative ways to introduce a greater level of wellness into your life. Learn about your mouth and its effect on your body, a small urban garden full of healing plants and the gentle art of Reike “touch” that creates this glorious mash-up of topics.

November 18: Dental Hygiene - Oral and General Health Connection

In this session, our speaker will present information on how the mouth really is connected to our body and how good oral hygiene can help prevent heart and respiratory and other diseases. Explore the relationships between oral and general health, and how recent changes to legislation have improved access to dental hygiene services for seniors.

Presented by Ms. Cindy Fletcher, Executive Director of the BC Dental Hygienists Association (BCDHA). Formed in 1964, the BCDHA represents nearly 3,000 member dental hygienists across the province. It is dedicated to the principle that all British Columbians should have access to the quality preventative oral health services dental hygienists provide. BCDHA collaborates with government, the provincial dental hygiene regulatory body and clients to effectively serve members and the public.

November 25: Acupuncture – Getting Unblocked **UPDATED**

Find out how the practice of Acupuncture can help you achieve total wellness. Acupuncture is a method of complementary medicine that involves penetrating the skin in order to relieve blockages of 'chi', or your body's flow of energy, as well as alleviate pain, reduce inflammation, and help to restore physical, mental and emotional function. Traditionally, western medicine has relied on using pills to treat all these issues whilst having many adverse side effects. Acupuncture provides an alternative and natural method to effectively relieve these ailments. Originating in China over 3,000 years ago, find out why acupuncture is still used today and is being more widely used in the western world.

Presented by Nicole Fitzpatrick, a Registered Physiotherapist and a Certified Acupuncturist. She completed her Masters of Science in Physiotherapy at Glasgow Caledonian University in Scotland. Her final thesis, which looked at the motivations, barriers and strategies of increasing physical activity in the elderly population was published in the special edition of the International Journal of Environmental Research and Public Health.

December 2: Jikiden Reike - The Gentle Healing Art

Reike is a healing technique based on the principle that the therapist can channel energy into the patient by means of touch, to activate the natural healing processes of the patient's body and restore physical and emotional well-being. Learn about the powerful healing nature of Reiki from a local Okuden Reike Practitioner. Prepare to have a relaxing and soothing experience. Wear comfy clothes, open your mind and possibly feel wonderful afterwards.

Presented by Ms. Taylore Halsden, Practitioner