

Health & Wellness

The following services are now available at the **Grand Marais Community Central & RV Park**.

Yoga – Already In Progress

Yoga: For the Body, Mind & Spirit by a MFC Certified Yoga Instructor. All levels & ages welcome. Enjoy the benefits of Yoga, improve your flexibility, strength, balance and mental health. Every Monday 10:30 – 11:30am. Drop in Fee \$10.00. Bring a mat, blanket or large towel & water bottle. Questions can be directed to Nadine @ (204) 797-4324.

Physiotherapist/Acupuncture – Starting July 3, 2017

In Motion Physiotherapy – A full physiotherapy clinic including hot packs, ultrasound, TENS, acupuncture. Available Mondays. Available Mondays. Call Anastasia Meseman @ (204) 223-2407 for your appointment today.

Massage Therapist – Starting July 1, 2017

Massage Therapy Works – Deep Tissue - Sports Massage - Remedial Massage – Relaxation. Available on Fridays/Saturdays and Mondays by appointment. Blue Cross Accepted. Call Jennifer Sellar RMT @ (204) 228-7630.

Podiatrist – Starting June 29, 2017

Foot Specialist now available on Thursdays from 10:00-5:00pm. Call Dr. Yacob Yoseph @ (204) 485-4222 to book your appointment.

Certified Footcare Nurse – Starting June 28, 2017

Foot Ease – Nursing Footcare with Roberta Page L.P.N. Deals with fungal treatment, ingrown toe-nails, corns or callouses. GREAT for Diabetics or people with Arthritis. Available Wednesdays from 10-4pm. She books up fast, so call Roberta @ (204)754-3007 to confirm your spot.