

PHOTOS BY NIKKI WESLEY / OAKVILLE BEAVER

Grade 12 art show



AT IROQUOIS RIDGE: Iroquois Ridge High School Grade 12 art students held an art show this past weekend. Pictured here at the opening ceremony are, from top left: Jenssen Smith's mixed media piece, *Where are we?*; Jessica Cuciurean and her triptych *The Holy Moment*; a crowd at the gallery; Laura Steeves' triptych *Connective Tissue*; and Sharon McGuire's kinetic sculpture, *Mortal Coil*.



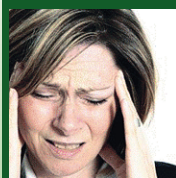
DOWNTOWN *this week*

Advertorial

Place to Heal is where to get well

Place to Heal SHINGLE PAIN

Some people suffer from mild to excruciating pain after the onset of Shingle attacks which can lead to complications. Grace Ren, RMT at Place to Heal is experienced in relieving Shingle pain and other symptoms, such as: tingling, numbness, sensitive skin, or burning. Case example: in 2008, a woman in her 70's developed rashes over her forehead. The rashes were cleared up but the pain remained on her scalp. She was told the pain would persist for the rest of her life. However, her excruciating pain was relieved in 2009 after a few treatments with Grace.



Pain & Injuries

- Carpal Tunnel Syndrome
- Fibromyalgia
- Frozen Shoulder
- Migraines
- Knee Problems
- Sports Injuries
- Pelvic Pain
- Sciatic Pain
- TMJ Syndrome

- > Craciosacral Therapy
- > Lymph Therapy
- > Massage Therapy
- > Myofascial Release
- > Trigger Point Therapy

905.338.8282
www.placetoheal.com

292 Lakeshore Rd. E. Suite 2
Downtown Oakville

Place to Heal is just as its name suggests, a place where wellness is the goal and various therapies take clients along the healing path.

Operated by Grace Ren, a registered massage therapist (RMT) who decided to pursue the profession after witnessing the successful treatment of a friend with Traditional Chinese Massage Therapy.

Her studies and experiences continue to inspire her fascination with the body's natural healing ability. After moving to Canada from her native China, her education expanded to Western Massage Therapy.

Resolving her own life-long health issues using natural treatments helps motivate her to keep up-to-date with the innovations of manual therapy. In addition to her RMT credentials Grace has invested countless hours in training for multiple disciplines to become a Myofascial Trigger Point Therapy, a Myofascial Release and Cransacral Therapy Practitioner.

Grace has 22 years experience relieving a long list of ailments from chronic pain and arthritis to digestive and respiratory problems. Adding to that list, Grace has been successful in treating the severe pain associated with shingles, relieving symptoms associated with parkinsonism, stroke, Bell's Palsy, acid reflux, asthma, allergies, hay fever, fibromyalgia, prostatitis, and other symptoms such as chest pain, irregular heart beat, panic attack, dizziness, vertigo, nausea

and elimination problems.

The application of therapeutic techniques to the muscular structure and soft tissue may influence and benefit the lymphatic, circulatory, nervous and other body systems. These treatments work for people of all ages, providing a positive influence to the overall mental, physical and emotional health and well-being.

Massage therapy combined with other therapies, increases the positive results and effectiveness in calming the nervous system, assisting in recovery from injuries, illness and diminishing chronic pain. Treatments can also enhance skin and muscle tone, improve mental focus and increase flexibility. People also benefit from lower blood pressure, heart rate, pain-free muscles, headache relief, reduced mental stress and a stronger immune system.

Grace takes time to listen to the concerns of those who visit her and assess their needs. She believes it's important to listen to the body's messages to evaluate the underlying causes. It's her goal to find and treat the causes instead of just the symptoms.

Place to Heal is located at 292 Lakeshore Rd. E. Suite 2, downtown Oakville, call 905-338-8282 or visit www.placetoheal.com



Grace Ren, Registered Massage Therapist