

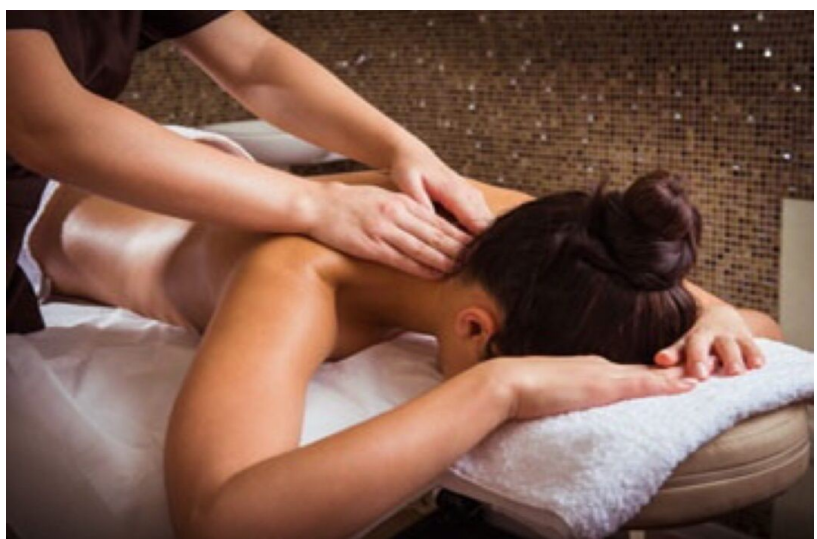


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Health and Lifestyle News

Local Clinic Giving Back By Offering Free Massage For Front Line Workers in Kawartha Lakes

By **Pamela Vanmeer** - February 18, 2021



Courtesy Point of Balance Physiotherapy

KAWARTHA LAKES-When Kim Dupuis noticed many of her clients, who are first responders, were feeling the stress of the pandemic she wanted to help them find balance.

So she and her staff decided to provide an opportunity for them to access self-care by offering a free 30-minute soft tissue

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