

massage or a complimentary assessment by a Certified Personal Trainer.

“We just thought at this time because they are working so hard and under so much stress, it would be a nice perk to offer as a thank you,” Dupuis told Kawartha 411 News.

Dupuis is the owner of Point of Balance Physiotherapy Ltd. in Lindsay. She has more than 20 years of experience as a Registered Physiotherapist with the College of Physiotherapists of Ontario. She says she’s hoping that by taking advantage of her offer, first responders will realize the benefits of self-care.

“There’s a lot of stress in all the workplaces right now and anything that can boost morale and help someone feel better will go along way to prevent workplace injuries,” Dupuis says. “For some people who have never accessed it, they might think hey I’m worth it and start doing it regularly.”

According to Dupuis, a therapeutic massage can enhance your overall health and well-being, improving your quality of life while utilizing a variety of approaches to achieve your goals. Registered Physiotherapists bring their experience and skills in a variety of clinical approaches to the forefront to work with clients to develop an individualized rehabilitation program and help you recover from or prevent injury.

The offer is open to first responders and health care workers. It runs until the end of March and is subject to availability. However, she has put aside some time and the staff are volunteering their time to help out.

“We are just trying to do a good thing.”

The clinic is located at 37 Lindsay Street South in Lindsay. Call 705-878-1175 for more information.

February 19, 2021



## **Charges Laid After Poli Residence Multiple Tim**

February 19, 2021



## **Police Investigating R Bank Of Montreal in Li Afternoon**

February 18, 2021