

# WOMEN IN BUSINESS



SHARI ROBINSON

## Sparkle Your Space

When Shari Robinson opened Sparkle Your Space in 2005, she cleaned every home on her own. "I honestly didn't think anyone would put the care into cleaning the way I do, so I never wanted to hire anyone," Shari says.

Before she knew it, she had more clients than she could physically handle. She hired her first girl and trained her to clean the way that she does. Now Shari has a team of ten amazing ladies who will clean your home perfectly.

Sparkle Your Space specializes in thorough cleaning from ceiling to floor and we never miss a spot. Our professionally trained teams start by doing a full spring-cleaning of your home. They get your home as perfectly clean as possible and then maintain that "spring-cleaning look" on your regularly scheduled cleaning day.

For the last two years, Sparkle Your Space has won the Readers' Choice Award for favourite house cleaning for Georgetown & Acton.

"We all work very hard. We're dedicated and committed to providing our customers with only high quality service," Shari says. "We believe the results that we produce and the attention we put towards detail and perfection will far exceed your expectations. We want your home to sparkle. Our job is complete only after this is accomplished."



Call Shari at  
905-877-5225  
for a free estimate.



DR. DANA SELBY

## Active Choice - Rehabilitation Centre

Dr. Dana Selby encourages her patients to take an active role in their own treatment. Dr. Selby, who owns and operates Active Choice - Rehabilitation Centre in Acton, is a certified kinesiologist with the Ontario Kinesiology Association, a certified chiropractor with the Ontario Chiropractic Association and is certified in clinical acupuncture with the Acupuncture Council of Ontario.

The clinic, which opened in May of 2008, specializes in the rehabilitation of both new and chronic injuries, particularly sports injuries. Each patient receives a treatment plan tailored to meet their individual needs and goals.

"If you just treat the signs and symptoms, you aren't getting to the root of the problem," Dr. Selby says. "Ultimately we want to do what will get people better and decrease their risk of recurrence and re-injury."

Using a combination of stretching, balance training, stability training, core training and strengthening exercises, Dr. Selby treats a variety of ailments, including tennis elbow, rotator cuff problems, and knee and back pain. The key to success, she says, is encouraging her patients to be active in their treatment.

"Passive care isn't enough," she says. "I provide a hands-on treatment that requires patients to take an active role in their own care."



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Dr. Dana Selby BPHE, CK, DC



ROBIN BANNON

## Have Table Will Travel

A herniated disc may have ended Robin Bannon's career as a chef, but it led her to a new career that makes her much happier: massage therapy.

Robin also enjoys educating her clients on the importance of doing simple every day stretches which can have a huge impact in increasing one's mobility.

As a registered massage therapist, Robin uses therapeutic massage techniques to help her clients alleviate pain and lengthen and strengthen muscles. She does a lot of shoulder and intrascapular work, as well as sciatica treatment and posture improvement.

Building relationships with her clients is very important to Robin, who runs her business, Have Table Will Travel, out of Dr. Mark Hassard's chiropractic office in downtown Georgetown.

"Whether you see them only once or twice and help them with their problem, or see them on an ongoing basis, you develop relationships with them and they become comfortable and relaxed which significantly helps their treatment" Robin says.

Robin makes sure she is available to see her clients whenever they need her.

She offers same day, weekend and holiday appointments, and will make house calls if the client can't get out of the house.

"I know how debilitating acute and chronic pain can be" she says. "It's very important that my clients feel they can call me and get in right away."

**ROBIN BANNON, RMT**  
cell: 416-710-4852

108 Main St. S. Georgetown



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- Providing support and assistance to individuals and their families in dealing with a diagnosis of dementia.
- Providing exceptional end-of-life care that maintains the dignity of the individual.
- Offering a variety of cost effective Corporate Wellness programs to the business community.

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- Acclaim Health Client



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## Tammy Laundrie

Tammy Laundrie will never forget the day she accomplished her weight loss goals: she lost more than 40 pounds thanks to Herbal One. The experience was so positive that she decided to open an Herbal One centre in Halton Hills.

"I remember looking at the Herbal One consultant who helped me and thinking what an awesome job she had helping others change their lives," says Tammy, the centre's director. "I know first-hand that the results achieved here are life changing."

Herbal One offers a variety of nutritional education programs that teach healthy eating habits and promote weight loss and maintenance. Each new client receives a consultation with Herbal One's friendly and knowledgeable staff, who find a program and personalize it to best meet that client's particular needs. Tammy and staff are also available whenever their clients need a little support or advice.

"I am here for each individual for as much as they need me to be here," Tammy says. "I love meeting with my clients, chatting with them and laughing with them." I urge people to pop in, have a chat and get started on the journey to a new you."

www.herbal-1.com

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