



Jessica Smith, R. AC.

GENERATIONS WELCOMES A REGISTERED ACUPUNCTURIST!

Did you know that acupuncture is incredibly effective at treating acute and chronic muscular pain and reducing inflammation? Acupuncture is also wonderful at treating headaches/migraines, digestive issues, stress, hot flashes, insomnia, general pain and prenatal issues (including labour induction).

Jessica started her career in the health and wellness field in 2001 as a Registered Massage Therapist. After receiving acupuncture treatments for a personal injury, Jessica discovered first-hand the health benefits of this treatment, and in 2009 she became a certified Acupuncturist so she could incorporate acupuncture into her clients treatment plans. In 2015 Jessica decided to make Acupuncture the main focus of her career and is now happily helping clients at

Generations.

Jessica has a true love and desire for helping others enhance their wellbeing and live a more balanced and pain free lifestyle. She has a loving and supportive husband and two daughters who keep her young at heart and active. She enjoys skiing with her family, going for bike rides in the ravine and creating culinary delights in the kitchen.

Jessica is excited and thankful to be working at Generations with such an amazing team!

Jessica is a member in good standing of the College of Massage Therapists of Ontario and the College of Traditional Chinese Medicine Practitioners and Acupuncturists of Ontario.



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