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 9 pieces of chicken, large fries, large salad, medium gravy, chocolate chip cookies  
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 add 5 more pieces of chicken for \$5.00

276 Main St.  
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# Discovering Downtown Milton

Thanks for all your support over the past 5 years and voting Alice Logan favorite massage therapist in the Milton Choice Awards.



Massage is nothing new. Hippocrates (466-377 B.C.), the founder of modern medicine, said that physicians should be skilled in the art of touch and that massage is essential to the healing and treatment of pain.

Massage therapy is known as hands on healing for good reasons. One of the most popular reasons for seeing a massage therapist is to reduce muscle pain. Systemic soft-tissue manipulation acts on pain receptors, alleviates fluid congestion, increases range of motion and releases trigger points where stress can build.

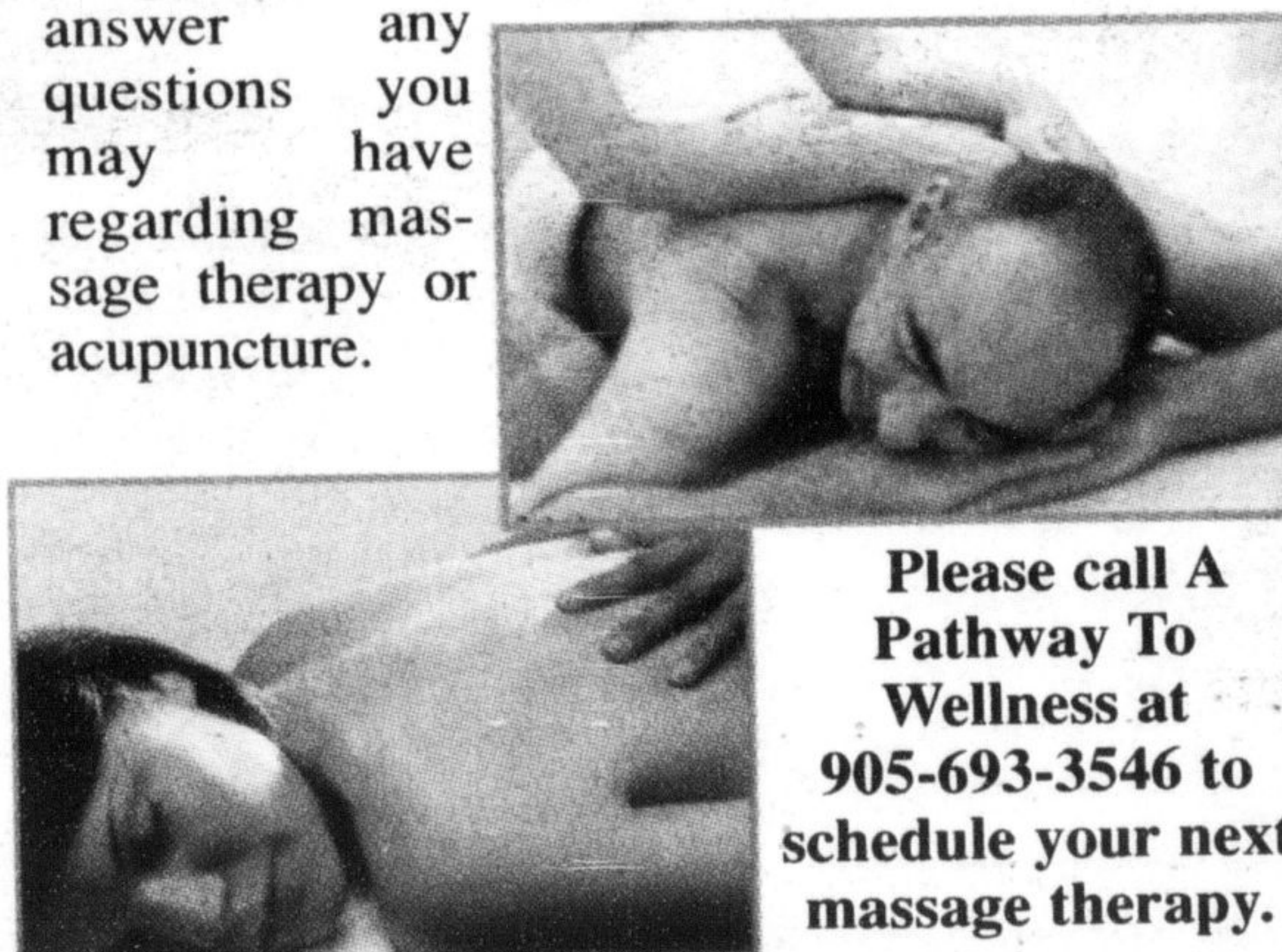
Acupuncture and massage therapy are used to assist clients in obtaining relief from: motor vehicle accident injuries, whiplash, headaches, back, neck, shoulder tension, repetitive strain, muscle spasms, pregnancy discomforts, and sciatica. Massage pressure is controlled by the client, so whether you prefer a light or deeper massage, just ask your therapist to adjust the pressure accordingly. Ultimately your body has the capacity to heal itself, but sometimes you need to facilitate your healing process with massage therapy and/or acupuncture.

The professionals at A Pathway To Wellness are knowledgeable and informative. Alice Logan is an Owen Sound-raised entrepreneur. Thanks to the support and referrals of her clients and the medical health care professionals in Milton, she has built a reputable business. Alice left home to attend University, she then went to Sutherland Chan Teaching School & Clinic in Toronto to receive her Registered Massage Therapy education. Her desire to return to a small town after being in the big city, landed her in Milton where she began implementing her massage therapy training. Training never ends; as a massage therapist continuing education is required. After many different seminars, Alice completed her Certification in Traditional Chinese acupuncture in 1990.

A Pathway To Wellness is happy to welcome Janine Myers, Registered Massage Therapist, to

the Milton area. Janine graduated in 1998 from the Canadian College of Massage and Hydrotherapy in North York. Her focus at school and in continuing education has been in treating sport injuries. After finishing school, Janine practised massage therapy part-time in Dundas and Burlington. After taking a year off for a maternity leave and moving to Milton, she is ready to return to treating clients. Janine has chosen to relocate to the beautiful community of Milton with her family as it reminds her of her home community of Ancaster. She is currently taking appointments on Tuesday and Thursday evenings and the occasional Saturday.

Alice Logan's clinic joined the downtown Milton area in 1997. As time progressed, the clinic moved into the heart of the downtown. On May 1, 2000, A Pathway To Wellness was established as an alternative therapy clinic offering treatment through Massage Therapy and Acupuncture techniques. The clinic can be found in the Towne Square at 18 Martin Street. The entrance is located in the Mill Street parking lot for the convenience of its clients. There are many ways that massage therapy and acupuncture treatment costs can be covered. Many extended health care plans, motor vehicle insurance accident benefits and workers compensation insurance board all may cover some or all of the cost of treatments. Gift certificates are also available for your gift giving pleasure. A trained professional at A Pathway To Wellness would like to answer any questions you may have regarding massage therapy or acupuncture.



Please call A Pathway To Wellness at 905-693-3546 to schedule your next massage therapy.

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**Saturday Nights**  
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**Karaoke**  
 (first Saturday of the Month)  
**Live Entertainment**  
 (Every Other Saturday)

Live Entertainment Thursdays  
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