

Milton Success Stories

Milton's Newest Multidisciplinary Health Clinic: Another Success Story.

Carriage Square Chiropractic Health Centre first opened its doors in the well known Carriage Square Plaza at the corner of Main and Martin Streets on December 12, 2003. In the short time that this downtown health centre has been open, it has expanded tremendously. The associates of the clinic are very excited to offer a multidisciplinary team approach to Miltonians. The clinic is open early mornings, evenings, and Saturdays to accommodate everyone.

Chiropractors, Dr. Heather Eveleigh and Dr. Shaun Demeris, provide safe and effective care to their patients. These practitioners use gentle spinal manipulative therapy, joint mobilizations, and muscle therapy to treat an array of musculoskeletal conditions (conditions involving joints, muscles, and bones). With each new patient, a thorough medical history is taken and an extensive physical examination is performed prior to commencing treatment. Individualized programs of care, including stretching and strengthening programs, are prescribed for patients. Both Dr. Eveleigh and Dr. Demeris make it a primary goal to get the patients actively involved in their care in order to minimize the number of visits necessary. "We feel that when patients take an active role in their treatment, they feel less pain more quickly, and

have fewer recurrences," states Dr. Demeris. Both chiropractors are trained to perform biomechanical assessments and gait analysis to assess the need for custom orthotics; custom orthotics can be ordered directly through this health centre.

Jenna Goddard, registered massage therapist, has been an associate at Carriage Square Chiropractic Health Centre since its opening. Jenna sees patients with problems ranging from acute or chronic muscular injuries, to stress related muscular tension and relaxation. She has been an excellent addition to the clinic as many patients seek concurrent chiropractic and massage therapy care. Jenna was recently asked to travel to England for a week with the Canadian Espoir Track and Field Team to act as their team's registered massage therapist. These athletes are very talented and some are striving for a place on the Canadian Para-Olympics Track Team to compete this summer in Athens. We congratulate her on this special honour.

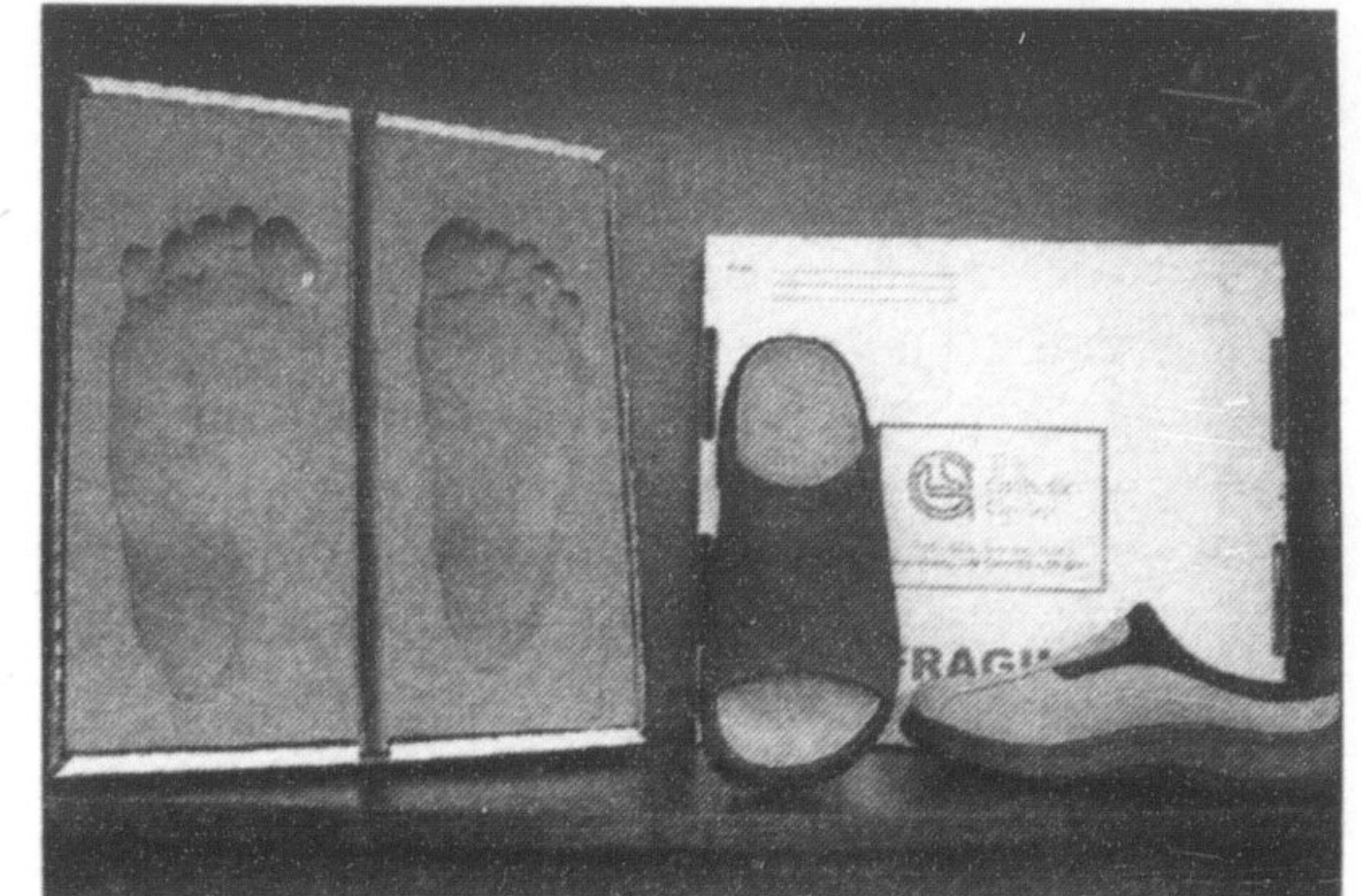
Recently joining the team at Carriage Square are the following health care professionals.

Naturopathic Doctor, Orest Szczerko, became an associate at the health centre in April. Naturopathic medicine aims to

prevent disease, and restore, maintain, and optimize health through individualized patient care. Through a thorough history and physical examination, he works with his patients to identify and treat the root cause of their chronic or acute illnesses. Treatment may be done through the use of botanical medicine, nutritional counselling, traditional Chinese medicine, homeopathy, and acupuncture.

Also new to associate at Carriage Square Chiropractic Health Centre, are psychologist, Dr. Dan Dalton, and his team of counsellors. These counsellors include the following: Registered Social Worker, Roz Kunze; Clinical Behavioural Therapist, Catherine Cameron; and Psychotherapist, Diane Bekeris. Counselling is provided for families, individuals, couples, adolescents, and children.

Carriage Square Chiropractic Health Centre would like to invite the members of the public to an Open House Celebration occurring on Saturday, May 29, 2004 from 10am - 2pm. There will be food, door prizes, and the opportunity to meet the staff and ask them questions. If you have any questions regarding the Open House or the health centre in general, feel free to contact the clinic at 905 876-9987.



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Carriage Square
CHIROPRACTIC HEALTH CENTRE

Shaun, Jenna, Heather, Orest

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Dr. Heather Eveleigh
Dr. Shaun Demeris
- REGISTERED MASSAGE THERAPIST
Jenna Goddard
- NATUROPATHIC DOCTOR
Orest Szczerko
- PSYCHOLOGIST
Dr. Dan Dalton
- REGISTERED SOCIAL WORKER
Roz Kunze
- CLINICAL BEHAVIOURAL THERAPIST
Catherine Cameron
- PSYCHOTHERAPIST
Diane Bekeris

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