



**List of organizations and programs
who can support you on your physical wellness journey***

8-1-1 Healthlink Resources BC	Mother Nature
Arcana Health	Nourish
Avid Fitness Center	NuEssence Salon & Day Spa
Behr's Massage Therapy	On Track Physiotherapy
Bellydance With Mara	Patricia McPherson, R. Ac.
Berghauer And Associates Counselling	Pharmasave
Bliss Salon & Suites	Powell River Aikikai
Blue Lotus Wholistic Healing	Powell River Brazilian Jiu Jitsu
BOND	Powell River Community Health
Canadian Martial Arts Academy	Powell River Curling Club
Career Link Powell River BC	Powell River Cycling Association (PRCA)
Coast Fitness	Powell River Division of Family Practice
Coast Fitness Commit2Fit Challenge	PR Factory Hockey
Ecosentials	PR Home Care Services Ltd
Floating Berry Trails and Yoga	Powell River Food Security Project
Fruits & Roots Juice Bar	Powell River Foot and Body Care
Get Healthy Now Coach Ernalee Shannon	Powell River Gymnastics Club
Healing Pathways	Powell River Healthcare Auxiliary
Heather Yoga	Powell River Healthworks
Image 1 Salon & Spa	Powell River Judo Club
Jeunesse with Jules	Powell River Massage
Kelly's Specialty Shop	Powell River Minor Hockey Association
Laszlo Tamasik Dance Academy	Powell River Optometry Clinic
Lindi's Soap Solutions	Powell River Recreation Complex
Malaspina Massage	Powell River Skating Club
Marine Chiropractic and Welness	Powell River Women's Health Network
MEND Program	PR Youth Soccer Association (PRYSA)

*If your company or organization name is not on this list and you would like it to be, please email prdistrictwellness@gmail.com

Pro-Active Nutrition	T-Fit Yoga & Fitness Studio
Rainbow Heart Retreat	Thai Yoga Massage
Rising Tide Counselling & Wellness Centre	The Medicine Shoppe
Safeway Pharmacy	Tla'Amin Community Health Services
Sara's Hands	Urban Earth Teas
Sheridan Dance Academy	Vancouver Coastal Health
Shopper's Drug Mart Pharmacy	Walmart Pharmacy
Soul Shine Studio	Wellness Energy Services
Sun of the Sage	Westview Massage Therapy
Sunshine Coast Health Centre	Westview Pharmacy
Sweet Earth Soap Works	Westview Physiotherapy
Ten Moons Midwifery - Powell River	
Terracentric	
T-Fit Total Challenge	

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