

FIRST AID FOR FIRST RESPONDER'S & THEIR FAMILIES

VANCOUVER WELLNESS STUDIO

Vancouver Wellness Studio is a unique place for whole-person healthcare. We are a dynamic team of holistic health professionals who work together to provide quality, cohesive, care for the mind, body, and spirit.

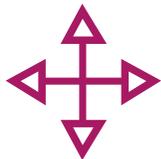
Vancouver Wellness Studio provides trauma informed services and coordinated care to first responders and their families to meet their unique needs for optimal health, wellness and fitness.



Behavioral Health Therapy including somatic "body based" therapies such as mindfulness and EMDR for trauma processing. Therapy for PTSD, chronic pain, depression, anxiety, addictions, stress management, crisis intervention and couples therapy.



Naturopathic Medicine for addressing the root cause of symptoms such as: chronic pain, insomnia, mood disturbances, chronic toxic exposure, headaches, digestive issues, hormones and chronic fatigue. Working from a whole person approach.



Acupuncture and Chinese Medicine to ease insomnia, anxiety, depression, migraines, digestive issues, acute/chronic pain, stress management and strengthening the immune system for resiliency.



Personal Training and Fitness for optimal health and fitness which includes: flexibility/core strength, cardiovascular capacity, strength training, nutrition and lifestyle. Individualized plans include coaching to increase physical and emotional resiliency towards stress.



Functional Nutrition by a Certified Dietician to address sluggish energy, weight gain, mood fluctuations, food intolerance's and to enhance well being. Specialized coaching for peak performance and athletes.



Massage Therapy including Myofascial Release, Deep Tissue, Craniosacral and Tui Na for for injury prevention, chronic pain and to allow the body to rest and restore itself for optimal physical and emotional performance and stress management.



The Wellness Studio provides movement classes including: yoga (prenatal, postpartum, chair yoga and yoga for men), self-defense classes, kung fu and dance. Education classes and community events tailored to the needs of first responders.



Vancouver Wellness Studio

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