



Emily
Berridge, R.M.T.

Registered Massage Therapist
Registered Yoga Teacher RYT 200

Caring Hands for Life!

Feeling Grateful...



November 2023: October has come and gone, and as we near the end of 2023 I can't help but think back on all the big changes this year, like moving office locations, Nolan starting daycare (yikes!), and of course, trying to balance work and home life.

Through all these big changes, you have stuck by me and trusted me with your care and I am so thankful for that.

I am also thankful for my 18 years in practice and I sincerely appreciate your support. I'm looking forward to many more years of helping you along your healthcare journey.

Lower Back Pain: A Common Complaint

I hear a lot about lower back pain. Lately many clients have been experiencing discomfort when they wake up in the morning. One of my favourite mobility resources is "The Mobility Method" by Dr. Jen Fraboni, a Physiotherapist. She has a great post on lower back pain upon waking. Check it out: <https://bit.ly/40I5DN2>

Other Fun and Important Stuff...

Third Party Insurance - Reminder

If you have third party insurance coverage that you'd like to take advantage of before the end of the year, please book in as soon as possible. Spots are going fast! Email emilyberridgermt@gmail.com to book your next massage.

Gift Certificates Are Now Available Online!

Not able to stop by the office to pick one up? No problem! You can purchase one anytime online here. <https://squareup.com/gift/MLCTDTQQ2BVNJ/order>. The holidays are fast approaching! Massage Therapy is the perfect gift for everyone in your life!



Massage Services available:

- Therapeutic/Relaxation Massage
- Hot Stone Massage
- Indie-Style Face and Scalp Massage
- Pregnancy Massage

Head over to my website for all the delightful details <https://www.emilyberridgermt.ca/>

Last Minute Massage Club

Last Minute Massage Club emails offer cancellations that may have the perfect time for you! Not on the list? You can subscribe anytime here: <https://bit.ly/3SmfeRE>

Direct Billing

Direct Billing for Insurance is available at my new location. If you are not already signed up, send me an email and I can set you up for your next appointment. Email: emilyberridgermt@gmail.com

Holiday Hours

The office will be closed for the holidays between December 23-28 and December 31-January 1, 2024. There are appointments available on these days:

December 29th between 9am - 3pm

December 30th between 9am - 2pm

Book your appointment today! Email emilyberridgermt@gmail.com

Social Media: Instagram



Please [follow me on Instagram](#). I will be providing updates on this platform. I have posted stretches and exercises that you can do at home like neck and shoulder exercises, breathing exercises,, how to master the cat/cow pose. Is there something you'd like to see? Let me know during your next appointment.

Questions?

Should you have any questions or concerns please contact me: emilyberridgermt@gmail.com

Need an appointment? Email me to book your next treatment!

Contact:

Emily Berridge, R.M.T.
518 Brant Street
Burlington, Ontario L7R 2G7

P: 905.631.0487 • **E:** emilyberridgermt@gmail.com • **W:** [emilyberridgermt.ca](http://www.emilyberridgermt.ca)

© 2023 Emily Berridge, R.M.T. Registered Massage Therapist