



*Emily*  
Berridge, R.M.T.

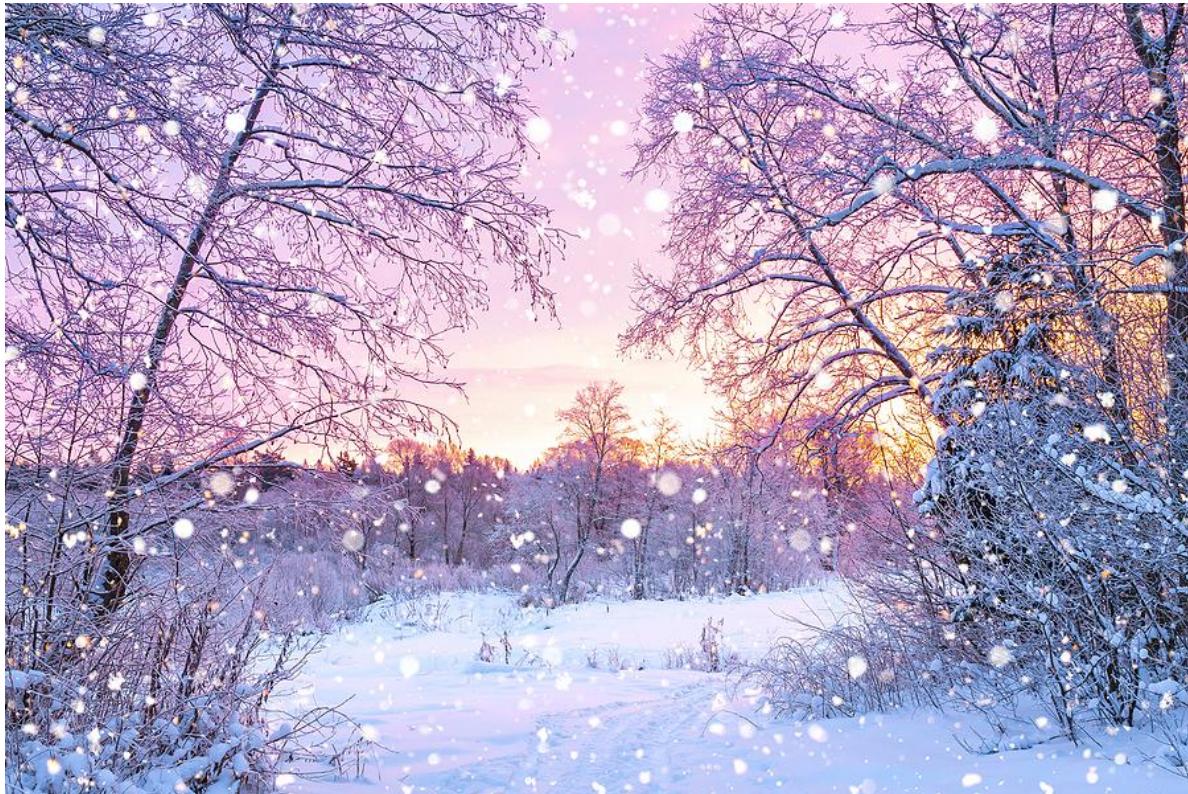
Registered Massage Therapist  
Registered Yoga Teacher RYT 200

*Caring Hands for Life!*

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## Oh Joy – It's January!

**January 2026:** Between icy temperatures, colds and flu, and endless snow shovelling, January might be your least favourite month—unless you love winter sports, in which case it's happy days!



Whether you're clearing your driveway or walkway, or carving your way down a ski slope, winter activities put extra strain on your body. Keeping these five fundamentals in mind so you can stay active and injury-free:

- **Warm up first** – Stretch before heading out to reduce the risk of injury
- **Dress for the weather** – Wear appropriate gear for your activity and protect your hands, feet, and ears, and if it's really cold – your face!

- **Be mindful of your hips, knees, and legs** – These joints absorb a lot of stress on icy or uneven surfaces
- **Avoid overloading your shoulders, arms, and wrists** – Especially during shovelling or repetitive movements
- **Take breaks** – Repetitive motion and fatigue increase the risk of strain and injury

## Your Full-Time RMT is Back!

### **Starting Monday, February 2:**

- Mondays, Tuesdays and Fridays: 9:40 a.m. - 2:00 p.m.
- Wednesdays: 4:00 p.m. - 8:00 p.m.
- Every other Saturday: 9:30 a.m. - 1:30 p.m.

## How Massage Therapy Can Help

- Relieves muscle tension and soreness
- Improves circulation and recovery
- Reduces swelling
- Increases flexibility and range of motion
- Supports immune function
- Helps prevent acute strain from becoming chronic pain
- Complements medical care, physiotherapy, and chiropractic care

RMTs are regulated health care professionals, trained in anatomy, pathology and clinical assessment. Book an appointment with Emily here: <https://emilyberridgermt.noterro.com/>

## New (for some) Waitlist Feature!

For maximum client delight, we're pausing the Last Minute Massage Club and re-introducing the **Waitlist feature** on my website. Access to the Waitlist is through [your client booking portal](#) – or [email me](#) for help! Here's how to join the Waitlist:

- Go to <https://www.emilyberridgermt.ca>
- At the top right, choose "**Services/Book Online**"
- In the right sidebar, log in to "**Access clinic features with your portal account**"

- Enter your email address and password. If you haven't set up an account yet, here's your chance!
- In the left sidebar, choose "**Waitlists**"
- In the right sidebar, scroll down to choose "**Select Dates using Start/End Date**" (if applicable). Select the day and time of day you prefer. When an appointment becomes available, you'll be automatically notified.
- If you have any problems or challenges, send me an email. I'm happy to help.  
[emilyberridgermt@gmail.com](mailto:emilyberridgermt@gmail.com)

## Christmas with Santa



Last month the boys met Santa! Nolan (4-1/2) was very interested in giving Santa high 5's (along with his Christmas list) while 9-month-old Kieran seemed more interested in his toy! I now have an appreciation for the phrase, time flies! Gosh – does it ever!

## Massage Therapy Cancellation/Late Fee Policy

We respect your time and hope that you can return the favour. Please note that I require 24 hours notice by email for any cancellation due to the high demand for appointments.

There is a \$30.00 fee for the first missed appointment. For any subsequent missed appointments or failure to notify me of the cancellation in less than 24 hours, the full fee for the treatment will be charged. Likewise, if you arrive late for your appointment, I will not be able to guarantee the full duration booked and the full fee will be due. Motor vehicle accident claims and extended health benefit plans will not cover these missed fees; they are the client's responsibility. Cancellation fees are payable prior to booking your next appointment. Thank you for your understanding.

## Questions?

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

*Emily Berridge, RMT*

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### Contact:

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