

“This city is what it is because our citizens are what they are.”

- Plato

unaware of issues to being agents of change.

To further identify and accomplish these changes, SVNH is establishing Neighbourhood Action Committees (NACs).

If you live in South Vancouver, an area bordered by Main St. to Boundary Rd. and 41st to Marine Drive, you can be part of this process by joining your local NAC. Volunteers receive training on how the city operates and ways to make their neighbourhood a better place. Monthly meetings are held to discuss possible initiatives to help achieve these goals.

If you're willing to contribute some time and effort to improve South Vancouver, here is the contact information to get involved:

Liza Bautista, Manager (English/ Tagalog)

778-990-6365/ liza.bautista@southvan.org

Prabhi Deol, Community Navigator (English/ Punjabi)

778-713-0435/ prabhi.deol@southvan.org

Cherry Wong, Community Navigator (English/ Chinese)

778-712-8990/ cherry.wong@southvan.org



Citizen involvement is the key to building a better community.

Patient education and “movement” key to injury recovery



Movement Room's mission is to help patients overcome pain and physical limitations.

When you're in pain from a disabling injury, be it from a car accident, work related, a sporting activity, even too much gardening, you want relief and recovery as quickly as possible.

The mission of the physiotherapists at Movement Room is to help people living in pain

overcome their physical limitations through patient education, and most importantly, movement.

Formerly Train With Purpose, the staff of professionals at Movement Room bring these five core values to every client relationship:

1. Integrity and Ethical Practice
2. Commitment to Excellence
3. Compassion
4. Lifelong Learning
5. Positivity

Whether you want to regain independence with activities of daily living, recover from a lingering injury, or improve their overall fitness, their team always has the patient's best interest in mind.

They specialize in car accident injury rehab, sports injuries, chronic pain management, and postural correction.

They're accommodating and flexible regarding appointments and conveniently located at

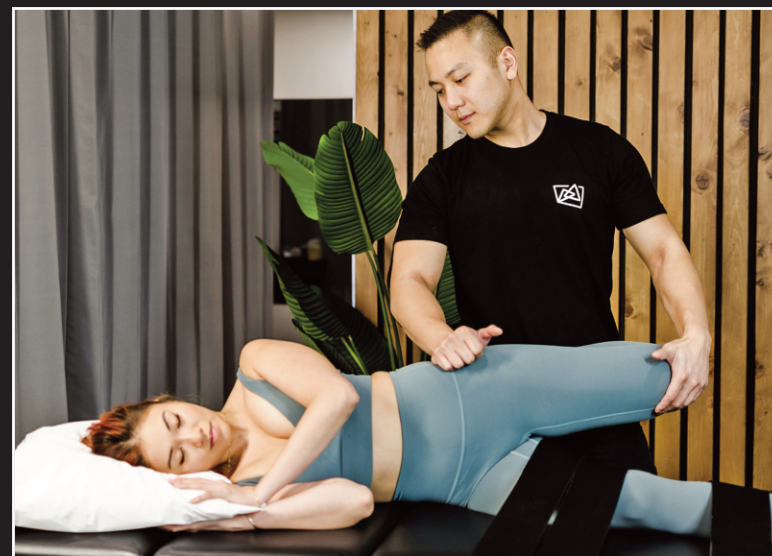
5334 Victoria Dr. with lots of free street parking. Call 604-260-0603 or email info@movementroompr.ca



**MOVEMENT
ROOM**

SERVICES

- Physiotherapy
- Registered Massage Therapy (RMT)
- Kinesiology
- IMS/Dry Needling
- Cupping Therapy
- Fascial Stretch Therapy
- ICBC Claims
- Worksafe BC Claims
- Extended Health Benefits
- English, Cantonese and Mandarin



ICBC CLAIMS? WE CAN HELP!

At Movement Room, all of our therapists are skilled at not only treating your injuries, but to educate you on “why” you are still feeling pain and how you can start reintegrating your hobbies and

HOW DO I GET STARTED?

SIMPLY EMAIL OR CALL US WITH THE FOLLOWING INFORMATION:

Full Name

Contact Number

ICBC Claim Number

BOOK NOW

Email: info@movementroom.ca

Call: (604) 260-0603

Drop in: 5334 Victoria Dr., Vancouver BC V5P 3V7

WHO PAYS FOR MY REHAB PROGRAM?

Our Physiotherapy, Massage Therapy and Kinesiology Rehab Programs are fully covered by ICBC no matter who is at fault in the crash. This means that you can focus on your recovery without any financial burden.