



**Our Vision:** a centre of excellence for integrated natural healthcare.

Our clinic philosophy is based on 3 main concepts: **move easier, be stronger, age gracefully.**

**Our Mission:** to educate and inspire our clients towards better health, optimal performance, and graceful aging.

## OUR SERVICES

- Physiotherapy
- Chiropractic
- Massage Therapy
- Acupuncture
- Active Release Therapy (ART)
- Chiropody  
(Foot Care & Orthotics)
- Naturopathic Medicine
- Shockwave
- Laser
- Ultrasound
- Fit for Life **\*NEW\***
- Core Strength

## NEW PATIENTS WELCOME

Services Covered by Health Benefit Plans

### Extended Hours:

Monday	8:00am – 7:30pm
Tuesday	9:00am – 7:30pm
Wednesday	8:00am – 7:30pm
Thursday	9:00am – 7:30pm
Friday	8:00am – 7:30pm
Saturday	9:00am – 3:00pm

## SERVING VAUGHAN SINCE 1989

### MOVE EASIER

This is often the first goal of treatment when someone presents with an injury. An injured joint usually doesn't move as well as it should. However 'moving easier' is also a very important concept in aging. As we get older we lose the elasticity in our tendons and ligaments and muscles. This puts more strain and pressure on our joints and spine, which leads to cartilage wear and tear, disc degeneration, and osteoarthritis. And osteoarthritis is the leading cause of disability and joint replacements in adults. Therefore it is extremely important to keep all of your joints 'moving easier' to keep them healthy as you age.



### BE STRONGER

Your joints need to be flexible, but they also need to be strong. Strength training can keep your bones strong, reduce wear and tear on your joints, and minimize pressure on your spine and discs. As we age we naturally lose muscle mass, so a well designed strength training program can help keep your joints healthy, prevent disability, and allow you to remain active for many years to come.

**Are you ready to take control of your health and your body?**

### WE CAN HELP!

Our clinic provides comprehensive integrated natural healthcare including wellness care, acute injury care, and pre and post-operative care. You only have one body, so the better you take care of it now, the better you will feel as you get older.

It's really that simple.

### AGE GRACEFULLY

Prevention is perhaps the most important aspect of aging gracefully. Just like you don't wait for your teeth to hurt before brushing them, you shouldn't wait for your body to get injured before taking care of it. Research shows that exercise can treat and prevent as many as 42 chronic diseases. Therefore aging gracefully will include regular stretching and strengthening, exercise, healthy lifestyle choices, good nutrition and appropriate supplementation.



*Move Easier.  
Be Stronger.  
Age Gracefully.*

	McNaughton Rd	
Keele St	Masters Ave	N
	Major Mackenzie Dr	

**10175 Keele Street, Unit 3, Maple**  
Just North of Major Mackenzie  
Ample Free Parking

**905-832-8880**  
**www.maplehealthcare.com**

**WELCOME TO MAPLE HEALTH CARE & REHAB**



*Move Easier. Be Stronger. Age Gracefully.*

