



Introducing the Latest Inspire Health and Wellness Chiropractor Kitchener Waterloo Will Be Proud To Have

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This Kitchener Waterloo business is thrilled to welcome their latest Inspire Health and Wellness Chiropractor to their thriving clinic. Dr. Paige is a welcome member to Inspire's growing staff.

The owner of Inspire Health and Wellness, Umer Foorook says, "Dr. Paige graduated from Queen's University with a Bachelor of Science (Honours) in Kinesiology and completed the Athletic Therapy Mini Stream. She then continued her education at the Canadian Memorial Chiropractic College where she obtained her Doctor of Chiropractic along with a certification in Acupuncture. Her vast experience with athletes has led her to join the Kitchener-Waterloo Rangers PWHL hockey team as the team trainer."

Dr. Paige has lived in Waterloo for over 25 years and is greatly enjoying giving back to her community through her practice. She provides evidence-based, patient-centered chiropractic care using the diversified chiropractic technique, instrument-assisted soft tissue therapy, myofascial release, exercise prescription, and acupuncture. Dr. Paige enjoys working with the geriatric, pediatric, athletic, and working populations.

With all of this experience, Dr. Paige will undoubtedly be one of the best Chiropractors Kitchener Waterloo

has to offer.

?We are excited to introduce our latest addition to the Inspire Health and Wellness team ? Dr. Paige Hanmer! Dr. Paige is a chiropractor who has been working with us for the past couple of months. She loves working at Inspire Health and Wellness because of its positive work environment, warm and welcoming patients, and lots of babies!?

Inspire was originally created to be able to address the growing demographics? needs and Dr. Paige definitely has the years of experience to be able to be a big part of that growing demand. It is no wonder that the Kitchener Waterloo community absolutely loves the work being done at Inspire with the wealth of experience and the growing talent base being offered because of talented professionals like her.

Not only does she add to the warm and soothing environment that Inspire has grown to be known for over the years, she adds to Inspire Health and Wellness? ability to inspire their customers to lead healthy lives, regardless of what their lifestyle may entail. Inspiration was obviously a big reason for naming the clinic after this much needed quality. The Clinic realizes that in order to allow their patients to escape from their hectic life and/or work schedules for a short period of time, a little bit of inspiration goes a long way.

Each and every one of the therapists at Inspire is extensively trained to address any and all needs of their growing list of happy patients. This team also has many years of experience in addressing any of their patients? health conditions and concerns and they are known to do so with the utmost patience and compassion.

At Inspire Health and Wellness, the team provides a variety of services to guide any patient along their way to Health and Wellness. While Chiropractic is a large part of their services being offered, Inspire also employs Registered Massage Therapists who are available to help with a number of concerns including injury, chronic postural complaints or to simply aid in what may be a much needed relaxation and time away from their stressful lifestyle, whatever that may be.

Inspire's latest recruit along with the rest of the Chiropractors and RMTs are on hand to help assist their clients with everyday back and neck complaints, headaches and any and all injuries from head to toe.

Dr. Paige looks forward to creating a working relationship with her patients to help them achieve optimal health and well-being along with the rest of the team.

Please join Inspire Health and Wellness in welcoming Dr. Paige to the Inspire family.

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For more information about Inspire Health and Wellness, contact the company here: Inspire Health and Wellness Umer Foorook (519) 745-1331 inspirehealthwellness@gmail.com 525 Belmont Ave W #107, Kitchener, ON N2M 5E2

Inspire Health and Wellness

??Inspire Health and Wellness was designed and created to inspire individuals to lead healthy lives, whatever their definition of health might be. Its warm and soothing environment allows patients to relax and escape from their hectic schedules.

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