



Optimum

Health Centre

Stress, Weight & Pain Management

The Optimum Health Centre provides assessments, programs & resources that assist individuals and organizations to enhance health & well-being.

Stress Management & Anxiety

Pain-Insomnia-Migraines-Fibromyalgia

Work/Life Balance – Healthy Workplaces

Strategies for Shift Workers

Nutrition – Obesity/Weight Management

Diabetes – High Blood Pressure

**Confidential, Private Coaching
Wellness Programs and Resources**

**Employees of Communitech Members Companies
are entitled to a 1/2 price assessment session
Free Stress, Health and Happiness – On Site Session
available for Communitech Member Companies**



519.571.7904

www.optimumhealth.ca

info@optimumhealth.ca