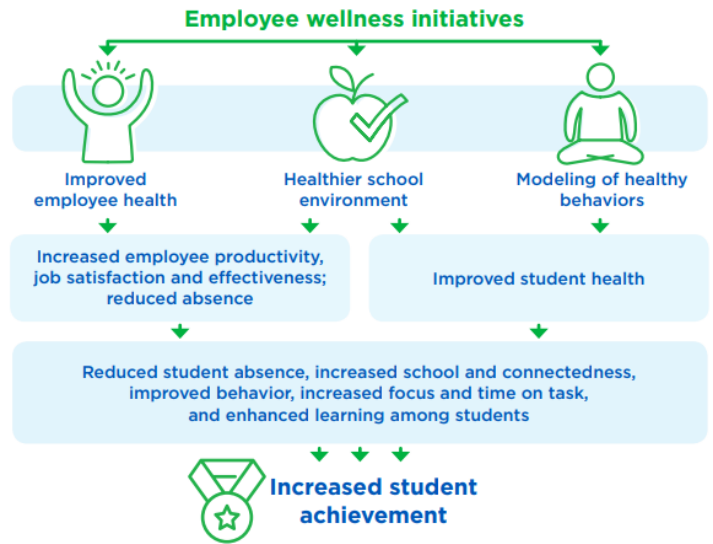


Physiotherapy Services Manual hands-on therapy, Active exercise therapy and more... Muscle or joint pain, sprain or strain, sports or overuse injuries... Call to book an appointment **(416) 200-1044**  
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## How Can Educators Find Time For Self-Care???

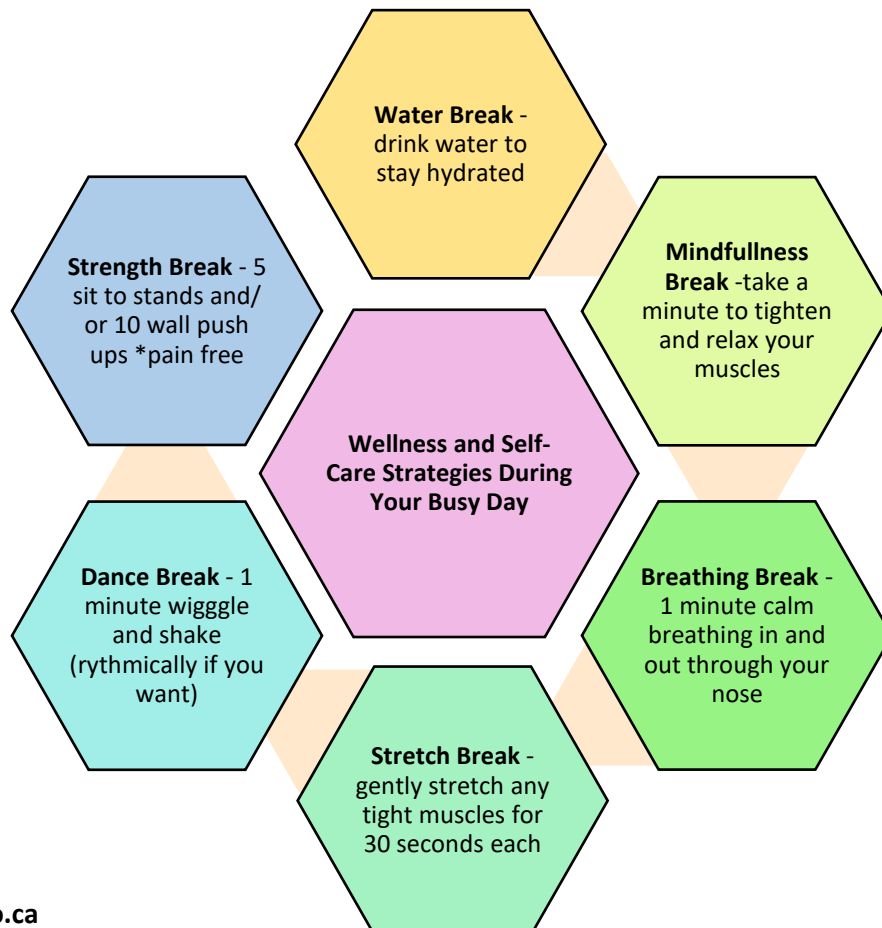
- Always on the go?
- Have too many tasks to perform?
- Not enough time in the day?
- Feel like you are always working?

Fostering the physical and mental health of school employees also helps to support students' health and academic success. (CDC)



NACDD // Guide to Improving School Employee Wellness

You may already have initiatives in place, but we would like to offer an adjunct to help. [www.atphysio.ca](http://www.atphysio.ca)



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