



WELCOME TO OUR

# Monthly Newsletter

*we're so glad you're here!*

## What's new at Pleasantview?

# HELLO SPRING

We don't know about you but everyone at the clinic is excited about enjoying the lovely spring weather. See below for our staff picks of spring activities in Edmonton.

Please note the clinic will be closed May 18th and 20th for Victoria day.



## Staff picks

### SPRING ACTIVITIES IN EDMONTON



Joanne likes to hit the golf course or driving range

Stand up paddling down the river is a favourite for Jess



Dawn likes to explore the river valley trails with her dog Murphy



Samantha loves to hang out at one of Edmonton's outdoor pools



Trish recommends some dragon boating



# Travel Pillows



Did you know our Pillowwise pillows are also available in travel size?? The same great personalized technology but in a convenient travel bag so you can bring it along on your summer vacations.

The travel pillow is (13.5 x 14 in) and is available in all 6 pillowwise colors.

## Injury prevention

Most people will think of Physiotherapy when an injury occurs but did you know your Physiotherapist can also help with injury prevention.

Focusing on exercises that will strengthen the muscles and improve performance and recovery will ensure you can remain active all summer long. Who knows, it might even help improve your golf swing! Don't wait until an injury happens, book in to see one of our

Physiotherapists today.



# Rave Reviews

WE WANT TO HEAR FROM YOU!

“I CANNOT EMPHASIZE ENOUGH HOW AMAZING THIS PRACTICE IS! THIS PHYSIO OFFICE DEFINITELY GOES WAY AND BEYOND FOR PATIENT CARE. I HAVE BEEN SEEING THIS OFFICE FOR AWHILE NOW AND I WILL NOT GO ANYWHERE ELSE. ELLEN AND SAMANTHA ARE MY FAVS”



## Upcoming closures

May 20th, 2024

HAPPY VICTORIA DAY



Google reviews are a great way to support local businesses and we love hearing how your experience with us was.

## Book Online

PHYSIOTHERAPY | MASSAGE THERAPY

310- 11044 51 AVE NW

EDMONTON AB T6H 5B4

780-438-4515

[HTTPS://PVPT.JANEAPP.COM](https://pvpt.janeapp.com)

BOOK NOW!

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