

# Independent Shorts

- The Happy Valley Family Health Team will be holding a garage sale at 268 Maiden Lane to benefit the St. Marys Memorial Hospital Foundation on Saturday, July 16 from 8:00 am to 11:00 am. All items are being sold by donation with proceeds going to the hospital foundation
- Stratford's first mosque is having an open house to celebrate the purchase, by the city's Muslim community, of the building that once housed the New Apostolic Church. They had been renting it since 2014. The event is being held at 97 Woods Street in Stratford, this Saturday at 4:00 pm. There will be a group of scholars speaking who will give an introduction about Islam, discuss Muslim contributions to science throughout history, and also talk about Islam and women. The discussion will be followed by a question and answer session. Imam Omar Alshehri has said he hopes the discussions will help dispel some misconceptions people have about the faith. All are welcome to attend. Find more information at Stratford-Mosque.ca.
- Swing by the Canadian Baseball Hall of Fame and Museum (386 Church St. S in St. Marys), on Saturday, July 16 from 8:00 am – 1:00 pm for a unique baseball memorabilia garage sale in support of the Hall. John Starzynski, board chair and baseball enthusiast extraordinaire, has donated his collectables which will be sold to raise proceeds for the Hall of Fame. Prices range from \$2 to \$10 and consist of small knickknacks, photos, baseballs, bobbleheads and other great collectable items.
- Tickets for the upcoming River Rock Festival, taking place Aug. 13 at 1932 Perth Road 137 northwest of St. Marys from noon to 10:00 pm are now on sale. They can be purchased online at RiverRockFestival.rocks, or directly at Black Swan Brewery (144 Downie St, Stratford), Pass It On (31 Water St S, St. Marys) or Deep Waters Music (204 Queen St E, St. Marys). Tickets cost \$33.90 until Aug. 13 or \$40 at the gate. Acts scheduled to perform include, among others, Corduroy Gordon, JoJo Worthington, Mountain of Wolves and Trent Severn.

## Business of the Week

### Avery's Health and Wellness



Our Business of the Week is Avery's Health and Wellness, located at 50 Water Street South in St. Marys and owned by Avery Gazel.

Now a Registered Nutritionist and Registered BioEnergetic Practitioner, Gazel previously worked at spas in Stratford and London as an aesthetician and laser technician, performing laser permanent hair reduction as well as photorejuvenation, among other services. However, during that time, Gazel said it remained a goal of hers to own and operate a clinic.

Relocating to St. Marys about four years ago, Gazel said she and Edward Toews spent several years searching out the perfect location for the clinic, until purchasing their current building (just a stone's throw from the Independent office) in April. "Our goal was to find a location where we can create a warm, user-friendly complex,"

she said. "This historical building that has a ton of character has proven to be the perfect fit for our plans. Inside, we've done a lot of renovations and now it's almost finished."

When the work is all done, it will include a main entrance and reception area, as well as five offices for different practitioners to serve clients. While the sign outside currently promotes just her own business, Gazel said sometime next month they will be revealing a new name for the clinic, which also currently houses Olivia Meta's Lymphatic Moves Massage Therapy. "Once renovations are done by the end of next month, I'll have three more offices available for rent," she said. "I'm really wanting to bring in some different services and have a really good, fun group of people working here." An open house to showcase the new space is also being planned, she said.

From her office where she operates Avery's Health and Wellness, Gazel specializes in testing for "all forms of imbalances" she said, including food intolerances, plant and pollen allergies, and imbalances in blood pressure, blood sugar and hormones.

"I work a lot with the immune system and getting people back to a healthy state," she said. "I always start my appointments by doing a full consultation and testing to see what could be causing the issue, and then I do BiE (BioEnergetic) sessions to balance whatever we find."

As a Registered Nutritionist, Gazel also offers custom meal planning. "If someone comes in and they want a weight loss protocol, or if they're suffering from cancer or just getting over cancer treatments, I can make customized meal plans that help with their immune systems or their other concerns," she said. "I work with kids too. If, for example, a child with learning disabilities

needs to eliminate some foods that can cause behavioral difficulties, I can help."

Gazel has also ordered a unique three-person infrared sauna for the clinic, which she said will help clients looking to address arthritis pain or interested in having a detoxifying cleanse. She said it will be offered on a per session basis or as part of a package for multiple sessions.

Looking ahead, she said she may even begin taking clients interested in the aesthetician and laser technician services she formerly offered at spas in Stratford in London.

"When I got really busy doing the BiE and nutrition, I quit doing the aesthetics," she said. "But, now that I have this location, who knows."

For more information about Gazel's health and wellness services, or to inquire about moving into one of the offices at her clinic, call 519-274-4909, email info@averyswellness.ca, or visit Averyswellness.ca.

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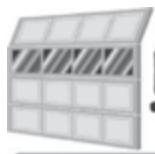
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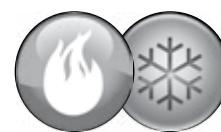
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