

BUSINESS OF THE WEEK

Makayla Lewis – Stonetown Chiropractic

By Stewart Grant

Our Business of the Week article features Makayla Lewis, who joins the growing and multi-faceted professional team at Stonetown Chiropractic & Wellness Centre, located at 19 Water Street South.

Makayla, the daughter of Susan McKay and Ron Lewis, grew up in St. Marys and completed high school at DCVI. She recently graduated from the two-year program at D'Arcy Lane Institute of Massage Therapy in London and is in good standing with the College of Massage Therapists of Ontario.

She provides a wide variety of massage techniques including deep tissue massage, sports massage, trigger point therapy, hydrotherapy and remedial exercise. With treatment, Makayla aims to decrease muscle tension, reduce pain and promote relaxation. She can help with acute stages of injury to chronic conditions. Makayla develops treatment plans based on each client's indi-

vidual signs and symptoms and ensures you receive proper home care so your unique needs are met.

Makayla would like to further broaden her education and knowledge in the areas of myo-fascial release, pregnancy and infant massage. Meanwhile, she also is working towards her final credits to obtain a Bachelor of Arts degree from the University of Guelph.

Makayla is thrilled to join the team at Stonetown Chiropractic and to be living and working in her hometown of St. Marys. "I've always thought about health care as a profession and being able to help people," said Makayla. "As well, since I was so involved in sports when I was younger, in the future I'd like to get back into sports by volunteering and helping out with a local sports team."

To set up an appointment with Makayla, contact the Stonetown Chiropractic and Wellness Centre office at 226-661-0130, or email info@stonetownchiro.com.



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**Snow Removal & Sanding/Salting
Services Request for Tender 2018
LFS/SPC/SMS**

Reference # Snow Removal & Sanding/Salting
Services RFT 2018 – LFS/SPC/SMS

Issued: Tuesday, August 28, 2018

Mandatory Site Meeting:

South Perth Centennial Public School	Wednesday, September 11, 2018	10:00 a.m.
St. Marys D.C.V.I	Wednesday, September 11, 2018	11:00 a.m.
Little Falls Public School	Wednesday, September 11, 2018	12:00 p.m.

All potential Bidders must register for the Mandatory Site Visit with Procurement Services, using Appendix 6. If there is a need to reschedule a Mandatory Site Visit, all registered Bidders will be contacted immediately.

Closing Date: Tuesday, September 25, 2018,
4:00 p.m. local time

Tender packages can be picked up at the Education Centre, downloaded from Biddingo.com or by contacting Procurement Services at procurementgendel@ed.amdsb.ca. Appendix B must be signed by the Custodial Services Officer or their designate after the mandatory site meeting.

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