

SMALL STEPS TO
BETTER HEALTH



Wellness Weekly

David Braley Sport Medicine and Rehabilitation Centre Opens Staff, Faculty and Community Health Clinic!

The David Braley Sport Medicine and Rehabilitation Centre is accepting staff, faculty and community patients for the summer months. Same day appointments will be available as the clinic will operate much like a walk in clinic, with no referral necessary and is available even when an ailment is non-sport related.



The physicians will not assess or treat chronic or ongoing health concerns. For these concerns, patients should continue to see their family doctor. The centre will also not be able to refill prescriptions.

Open Monday to Thursday 8am to 8pm and
Fridays 8am to 4pm in the David Braley Athletic
Centre, Rm WB 127.

Contact:

Phone: 905-525-9140 x23575

www.athrec.mcmaster.ca/sportmed

"We have some of the best facilities in the country. We want our staff, faculty and community to know that it is not just for our students, but open to our entire McMaster and Hamilton community," says Colleen Cupido, Clinic Manager and Registered Physiotherapist.

Elite Rehab Pilates

Do you suffer from back or joint pain? Would you like to increase your overall fitness, tone your muscles and prevent injury all at the same time? Elite Healthcare Consulting and the Department of Athletics and Recreation are pleased to present Elite Rehab Pilates.

This unique program is run by registered physiotherapists certified in rehabilitation Pilates and is geared toward preventing and treating injury through focused and individualized strengthening. All participants will receive a full physiotherapy assessment to identify their areas of weakness or injury so that classes are tailored to meet individual needs. All assessments and classes can be claimed through private insurance.

Don't miss out on your chance to improve your fitness while treating your injuries. Group classes start the week of May 17th and we are booking assessment appointments now. For more information drop by or contact the David Braley Sport Medicine and Rehabilitation Center at (905) 525-9140 extension 23575.

IT'S COMING...

President's Awards for Outstanding Service

The President's Awards for Outstanding Service provide an annual recognition for employees or groups of employees who have made an outstanding contribution to the mission of McMaster University beyond that normally expected for their position. All members of the McMaster community are cordially invited to attend a reception to celebrate this year's President's Awards for Outstanding Service. President Peter George will present the awards in Convocation Hall, located in University Hall, on Thursday, May 13th from 3:00 pm to 5:00 pm.

For more information contact Jessica Westwood-Smith at 905-525-9140 Ext. 24460 or visit:

Financial and Life Planning Workshop

Monday May 17th, 2010– 8:15a.m.-4:00p.m. For more information or to register visit: <http://www.workingatmcmaster.ca/link.php?link=professional-development:financial-life-planning-schedule>

THE WELLNESS WEEKLY IS WRITTEN BY **KRYSTA CLARK**, HEALTHY WORKPLACE PROGRAM COORDINATOR

NOTE: THE CONTENTS OF THE WELLNESS WEEKLY ARE INTENDED FOR GENERAL INFORMATIONAL PURPOSES AND ARE NOT A SUBSTITUTE FOR PROPER MEDICAL ADVICE. PLEASE CONSULT YOUR FAMILY PHYSICIAN OR HEALTH CARE PROFESSIONAL BEFORE BEGINNING ANY EXERCISE REGIME—ESPECIALLY IF YOU ARE: PREGNANT, NURSING OR HAVE CHRONIC HEALTH CONCERNS. DISCONTINUE ANY EXERCISE THAT CAUSES YOU PAIN AND SEEK IMMEDIATE MEDICAL TREATMENT.