

About Britta Frombach RMT



The owner of Phi Massage & Well-being Center in Sidney, BC, Britta has been practicing since 1998. She decided to pursue a career in the medical field after her mother's experience with cancer. This has given Britta a very compassionate and balanced approach to utilizing massage therapy as a modality to work towards optimal health.

She has completed training in many different modalities and she is always collecting tools to draw from for her own health as well as her practice.

Britta has been inspired to share her passion for massage therapy with the students of the West Coast College of Massage Therapy-Victoria Campus. She teaches Myofascial Release and she loves sharing her passion for her trade to help expand the framework that the students draw from during their studies.

In Britta's experience she has observed an increase in the need to educate ourselves in the area of Stress Management. She has put together a series of presentations for the public that can be modified in time and content that offers very practical, educational and achievable tools to live a healthier, more stress-free lifestyle.

To contact Britta Frombach:
9756 B Third St. Sidney, B.C., V8L 2N1
PH: 250-655-0515
brittafrombach@gmail.com
www.phimassage.com

About Darryl Gurney



Darryl Gurney is a Certified Advanced PSYCH-K® Instructor and a Certified Mind/Body Therapist with 22 years experience in the holistic health field. He has taught workshops at the Agape International Spiritual Centre in Southern California and has twice lectured at the International Conference of Science and Consciousness in Santa Fe New Mexico. Darryl conducts seminars on healing and personal growth throughout Canada and the US. He presently resides in Victoria, British Columbia, Canada.

To contact Darryl Gurney:
www.health-quest.ca

About Hazel Loewen RCC



After 20 years of supporting people to make changes in their lives, I continue to be intensely interested in my clients' healing journeys. I am moved by their courage and strength and I am committed to establishing strong, compassionate therapeutic relationships.

My clinical experience has been in trauma and relationship abuse, couples and family therapy, addictions, and mental health concerns. Originally, I was trained in client-centred, humanistic and feminist approaches to therapy. Over the years, my practice has developed to include systemic approaches, mindfulness meditation perspectives, cognitive behavioral strategies and psychodynamic

influences as well. I have a Master's Degree in Counselling Psychology from the University of British Columbia (1995) and have additional training in family therapy, addictions, and trauma. I am a Registered Clinical Counsellor with the BC Association of Clinical Counsellors. My career also includes experience as a public educator in the areas of sexual violence and mental health and providing clinical supervision for other counsellors.

To contact Hazel Loewen:

#203-9775 Fourth Street Sidney, BC V8L 2Z8

PH: 250-216-9322

hloewen@shaw.ca

About Karen McCoy



Karen McCoy is a competitive athlete, personal trainer, and sports nutritionist. She has sweated it out in gyms for over 25 years, winning contests in both BC and Alberta. Through years of experience, and with her fingers always on the health pulse, Karen has helped thousands of clients attain peak physical and nutritional wellness through her innovative, no-nonsense tips and techniques that she's become known for both inside and outside of the gym.

Karen also operates two popular web sites mccoyfitness.ca and cleanlivingprogram.com, which provide quality training instruction, dietary plans, recipes, training videos, interviews, articles, and motivational tidbits. She also boasts an active blog community of over 1000 members, which provide support and encouragement to others wanting to attain a toned, shapely body, stable weight, healthy eating, optimum energy and vitality, and an overall feeling of strength and accomplishment.

To contact Karen McCoy:

10951 Boas Road North Saanich, BC V8L 5J1

PH: 250-655-7012

kmccoy@direct.ca

www.mccoyfitness.ca

About Dr. Maureen Sweeney and Live Young Medical Services



How do you want to live? Living life gives us wisdom and experiences that we would never give back. Fortunately, with today's advancements in our understanding of health and aging, we can live without the physical and mental decline most often associated with aging. Live Young is a medical clinic specializing in reversing or slowing the aging process- internally and externally. Live Young was developed by Dr. Maureen Sweeney to provide a clinic offering medical excellence in this new field which offers so much more than what has traditionally been available and recognized in conventional medicine.

Dr. Maureen Sweeney is Board Certified in Anti- Aging Medicine through the American Academy of Anti-Aging Medicine. As such, she is the only fully board certified, licensed anti-aging medical doctor in British Columbia and one of the few in Canada. Dr Sweeney studied medicine at UBC, graduating in 1987. She interned at Gisborne Hospital, Gisborne, New Zealand. She has been in medical practice since 1989 with her own family practice in Victoria, Canada for 13 years. Since 2003, she has been studying and practicing anti-aging medicine. Dr. Sweeney also has four years experience in the new field of aesthetic medicine. She has advanced training for Botox and dermal filler administration and certification in Mesotherapy and IPL/laser treatments. She is a member of the College of Physicians and Surgeons of British Columbia, the American Academy of Anti- Aging Medicine and the Canadian Association of Aesthetic Physicians.

At Live Young, Dr. Sweeney offers programs designed to promote healthy aging. These programs focus on attaining and maintaining optimal physical and mental function. The goals are disease prevention, hormone rebalancing for all hormone systems and restoring a healthy balanced lifestyle through diet, exercise, nutritional supplements, weight management and stress reduction. For those who have already developed age-related illnesses there are modified programs that strive to minimize and possibly reverse disease or disability and reduce future risk. She will also provide out of clinic assessments and programs for larger groups. All these programs draw from her background in traditional medicine as well as from complimentary medical practice. Bridging the two, she can offer the best from both.

Live Young Medical also offers an extensive selection of non-surgical cosmetic treatments for aging skin as well as rosacea, acne, permanent hair removal and body sculpting. Botox, glycolic peels, IPL/ Laser, Blu-U, soft tissue fillers and mesotherapy are offered. Botox is also used to treat headaches and excessive perspiration with often dramatic results. Live young also provides a line of effective medical grade skin care and Dr. Sweeney has customized the nutritional supplements which are offered.

To contact Live Young or Dr. Maureen Sweeney:
103-9845 Resthaven Dr. Sidney, B.C., V8I 3E7
PH: 250-654-0383
maureen@liveyoung.ca
www.liveyoung.ca