

MOVE BETTER. FEEL BETTER. PERFORM BETTER.

Proudly serving our Community with Compassion and Care.

Meet your expert team at Total Body Health
dedicated to helping you recover, move better,
and live life to the fullest with personalized,
evidence-based, movement-focused care.



5118 Cordova Bay Rd Unit #103

Conveniently located in Cordova Bay (Free Parking)

Call us at 778-402-9844 | totalbodyvictoria.com

Same-week appointments often available!

Our services include:

- Chiropractic
- Shockwave Therapy & Class IV Laser Therapy
- Registered Massage Therapy
- Acupuncture
- Naturopathic, IV and Injectable Therapies
- Kinesiologist led Rehab & Strength Training
- Clinical Counselling

**ACCEPTING
NEW
PATIENTS**



Whether you're overcoming pain, building resilience,
or optimizing your performance — we're here for **you**.

GOLFERS!

Is Pain or Limitation Affecting Your Golf Game?

Or do you simply want to feel better
and play better this season?

Get the most thorough TPI Golf Assessment
at Total Body Health

We have Vancouver Island's most highly-certified
TPI provider, who will assess your mobility,
movement, and swing mechanics to help you feel
and play your best!

FEEL BETTER. MOVE BETTER. PLAY YOUR BEST GOLF.
Call us at 778-402-9844 | totalbodyvictoria.com



**TOTALBODY
HEALTH**

- Reduce Pain
- Improve Swing Efficiency
- Prevent Injury
- Maximize Power and Distance

Scan for more info



SPECIAL OFFER

Mention this postcard and get

\$100 OFF
your TPI Golf Assessment

Offer valid through September 2025

