

Full Circle Health Network

"In health there is freedom"



Our Mission

Navigating the world of complementary health services can be daunting. This is why we have assembled a team of specialists who will meet you where you are - and take you where you want to go. We know there is more than one route to wellness, and there is more than one way to find it. When you step into our circle, you can count on continuous care that starts and ends with you.



Our Philosophy

We're proud of the expertise that flows through our practice and the sincere compassion that underpins our team. Our space radiates warmth because we believe that people matter - you matter, our therapists matter, our community matters. We do our best to make feeling great simple and easy, from our grounded sensibility right down to our online booking option, extended hours, and ample free parking.



Our Location

We are conveniently located in the beautiful historic Woolen Mill in Downtown Kingston at 4 Cataraqui Street, Suite 110. We have ample free parking surrounding the entire building! Please use the copper doors on the main Cataraqui Street entrance on the North side of the building (before the River Mill Restaurant). We are the first suite on your left, through the double doors. Please remove your shoes and make yourself comfortable. If you have not completed the online Intake Form please arrive ten minutes prior to your appointment.

If you are arriving after 5:30pm, please use buzz code 110, as the doors will be locked. To exit the building after 5:30pm the doors will be locked, but do not worry! Simply press the green exit button followed by the accessibility button, to the left of the door and away you go.



**"We will empower you
to find the path that
frees you to live your
best life."**

Policies

At Full Circle Health Network, you see a price for services, that is exactly what you will pay. Where applicable, HST is included (unless stated otherwise). We accept cash, cheque, debit, Visa, Mastercard and American Express. Many of our services are covered by extended benefits plans; receipts are provided for all services. For more details, please check with your insurance provider.

Please arrive 5-10 minutes early for your Initial Appointment. To respect your practitioner's time, as well as the time of other clients, if you arrive late to your appointment, your session will still finish at its scheduled time.

We love our clients, but we also love being with our families. No show appointments will be charged the full rate of missed appointments, since time we are not devoting to you is time we could be spending with our families.

Loyalty Rewards Program

5,000 point sign up bonus (no purchase necessary)

10,000 Points

- \$25 in Full Circle Products

25,000 Points

- \$100 Gift Card to Days on Front
- \$100 Gift Card to Tango Nuevo
- Self Care Package

50,000 Points

- \$225 Car Detailing Package
- \$225 Cher-Mere Spa Gift Card
- A Day of Golf

75,000 Points

- Hush Luxury Sleep Package
- County Getaway

100,000 Points

- Ste Anne's Spa Getaway
- City Break

How it Works

Our Loyalty Rewards Program aims to reward you for stepping into our circle. For every dollar spent, you will be rewarded with 15 points. The minute you step into our clinic, our reception staff will automatically add your points to your account. For every milestone you hit, you have the ability to cash out your points and be rewarded with a gift card, Full Circle Health Network products, and more!

All you need to do is give us your first and last name, email address, phone number, your birthday (for extra points on the day!) as well as your consent. You will be notified via your phone number, however, you can opt out at any time.

**"Let us reward you
for being apart of
our circle."**

First 60 Days: Double Points

One of the biggest advantages of working with FCHN, is we are an integrated practice. When you see more than one modality (for example, Physiotherapy and Acupuncture), we will give you two times the points for the second modality within the first 60 days of joining our Loyalty Rewards Program.

Referrals

You have the chance to earn 2,500 points when you refer a friend to our clinic. Make sure to send the link a friend, a family member and a colleague for your chance to earn more points.



Our Core Values

We would like to give you some perspective on things we truly believe in here at Full Circle Health Network.

Our core values are in no particular order

Holistic Care

Supporting whole people

We consider all aspects of a person and continue to make recommendations that meet them where they are at. We respect that every person comes in whole and complete - and our job is to support them on their journey. We continue to refer to other professionals who can support you as needed, as well as follow up to ensure your treatment and home care is having a positive impact on your life.

Accountability

Our best results come when we are at our best

We pride ourselves on being on time, fulfilling what we say we will do, meeting every deadline, and doing our very best to fix mistakes as soon as possible in a respectful and kind matter. We are responsible for our own actions and consequences.

Empowered Living

Living life in balance with gratitude

We strive to educate others on how their body and mind have the ability to heal, as well as support you to become the leader you need to be for yourself in order to take charge of your own health and life. We support others to advocate for themselves, while always practicing what we preach. We strive to live our most balanced lives as possible.

Authentic Connection

Real relationships for real results

We take time to learn about each person, while ensuring that you feel seen, heard and understood when you come to us for support. We are always present and continue to go the extra mile to help you feel valued and cared for every step of the way on your journey to wellness.

Successful Attitude

The energy we bring is the energy that moves us forward

We express clearly what we want to say at the right time with the right method in the right spirit. We always maintain a positive attitude, while remaining self-aware. We have a victor mentality, and work to support and build up those around us. We are solution focused.

Expansion Focused

We can only be as big as our mindsets

We always keep the big picture in mind, and actively work on our mindset while knowing when it has to shift. We have trust in our team and our leadership, as well as continue to share our experiences and expertise so that we grow as a team. We constantly reflect on our goals.

Integrity

Our expertise is founded in the trust we create

We are always prepared to take on your care and needs before you walk in the door. We give the very best clinical recommendations that will help you meet and surpass your goals. We are honest and forthcoming at all times.

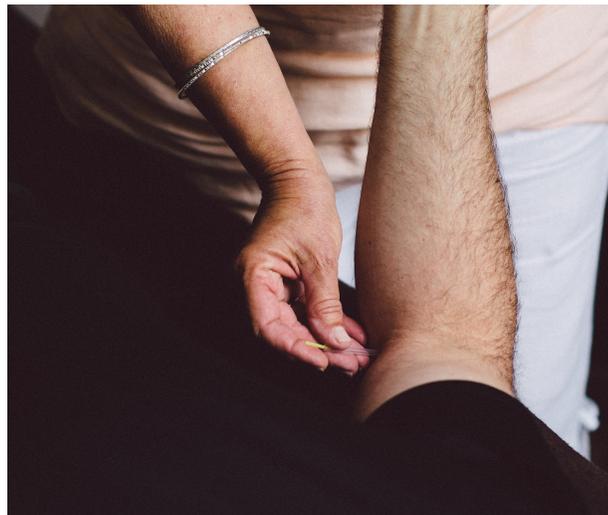
OUR SERVICES

Acupuncture

Acupuncture affects every major system of the body, including the circulatory, genitourinary, endocrine, immune systems, cerebral, cardiac and gastrointestinal systems.

Clinical studies have observed several physiological effects of acupuncture, including increased circulation, decreased inflammation, relief from pain, relief of muscle spasms, and increased T-cell count, which stimulates the immune system.

This is why acupuncture works so well for many things from pain to inflammation, immune system regulation, to women's health and fertility, as well as anxiety and depression.



How does it work?

As part of Traditional Chinese Medicine, your acupuncturist may palpate your skin, feel your pulse or look at your tongue, depending on the treatment plan and what you are working on. They will then clean each area to be needled with alcohol, to prepare for the acupuncture. During this time, you may be chatting and sharing more information. The high-quality, sterile, single-use needles are held in a guide tube - a slim, plastic tube that holds the needles in place and allows for precision of the placement. You will feel the guide tube on your skin before the needle is gently tapped. This is a pain-free insertion method.

Fees

Initial Acupuncture Assessment & Treatment: \$115

Initial Women's Reproductive Health/Fertility Acupuncture Assessment & Treatment: \$115

Initial Men's Reproductive Health/Fertility Acupuncture Assessment & Treatment: \$115

Initial Pregnancy Acupuncture Assessment & Treatment: \$115

Follow-Up Acupuncture: \$85

Cupping Treatment: \$60

OUR TEAM

Acupuncturist



Sean Quigley

Sean is incredibly passionate about the power of acupuncture to get people healthy and keep them healthy. He believes that traditional and modern medicine should complement each other to best serve the patient. Over thousands of treatments and whenever possible, Sean uses evidence-based protocols to assist people for conditions including: pain management reproductive health for both men and women, pregnancy, and stress and mental wellness.

When not in the clinic Sean loves spending time with his wife and two daughters, gardening, playing music or immersing himself in nature and exploring all the amazing things that Kingston and the Thousand Islands have to offer.

**"A healthy outside starts
with the inside."**

OUR SERVICES

Osteopathy

Classical Osteopathy is a wonderful option for people of all ages and abilities. Treatments consist of manual adjustments that are localized and specific and focused on relieving pressures and restrictions.

The practice is based on an extensive understanding of anatomy and physiology and is anchored by four fundamental principles:

- The body is a complete unit (mind, body, spirit)
- The body is self-healing and self-regulating
- The structure (anatomy) and function (physiology) and interrelated on all levels
- Rational treatment is based on these principles



How does it work?

Imagine tying a string around your finger. After only a short while, the string begins to affect nerve supply, blood supply, and general circulation. If you left the string on for a long period of time, your finger would stop receiving the vital circulation it needs to thrive and the tissue would eventually break down and die.

Osteopathy is about getting rid of the "strings" in your body. We look to balance restrictions and asymmetries so that every tissue, everywhere, has exactly what it needs to be the healthiest it can be.

Initial assessments include a health history intake and a physical assessment, followed by treatment. You are not required to undress for Osteopathic sessions, though it is recommended you wear comfortable, non-restrictive clothing, such as yoga pants/shorts and a tank top/t-shirt/sports bra.

Fees

Initial Assessment & Treatment: \$130

Initial Youth Assessment and Treatment (5 years and younger): \$130

Follow-Up Treatments: \$90

Follow-Up Youth Treatment: \$90

OUR TEAM

Osteopathic Practitioners



Geneviève Zizzo, Owner

Geneviève is continually amazed by the body's natural ability to heal itself. It's that sense of excitement that has driven her long and varied career in natural healthcare – and that still drives her in her work as a Manual Osteopathic Practitioner and Clinic Owner at Full Circle Health Network. She loves being able to think through anatomy and come up with treatments that really “fit” her clients and she is happiest when she has empowered clients to take charge of their own health.

Geneviève opened the original Full Circle Health Network in 2010 and in 2014, expanded and opened up in the beautiful Woolen Mill. Since then, Full Circle Health Network has continued to expand its services, attracting some of the best practitioners in Kingston working in the field of complementary healthcare.



Kelly Funchion

Kelly believes there is always room for improvement when it comes to health and quality of life. With a passion for helping people and healing, and looking to find a new way of doing so, Kelly discovered Osteopathy. She has put to practice her manual skills since 2015 and loves that Osteopathy offers an all-natural, holistic approach, improving health and function by restoring motion through the body. With a background in rehabilitative exercise, she can also provide functional home exercises.

When she is not treating patients, you can find Kelly on a volleyball court, and enjoying the outdoors.



Clarisse Mancion

Through Osteopathy, Clarisse's fascination for the human body continues to grow alongside her passion for helping people find their way back to health and wellbeing. Clarisse works together as a team with her patients to improve their mobility and vitality. Her belief that each patient is unique is reflected in the way she tailors her treatment plans using a range of osteopathic techniques such as structural, functional and cranio-sacral, to best suit their needs.

Aside from Osteopathy, Clarisse enjoys spending time in nature, traveling, playing the guitar, running, exploring her artistic skills and cooking wholesome meals. She looks forward to welcoming you at FCHN in English or in French!

OUR SERVICES

Occupational Therapy

Occupational Therapy is beneficial for individuals who are or have recently undergone a change in their physical abilities, such as with an injury or illness, or a change in their mental capacities such as with concussions, illnesses or emotionally stressful situations.

Occupational therapy sessions are primarily a talk-focused treatment that works to address both mental and physical health. An Occupational Therapist (OT) will work with you to take a holistic view on your life and determine what changes are needed so that you can do and excel at activities you love.

From work related tasks to household errands to hobbies you just enjoy doing, an OT will help devise a plan to get you back to what you love doing and be there to guide you every step of the way.



How does it work?

OT's will give you concrete and tangible modifications you can do in your surrounding environment to make activities more adaptable to your needs. They are highly skilled in using emotional and mental strategies to help address your cognitive wellness. OT is the perfect marriage of mental and physical care for individuals struggling with depression, anxiety, stress and stress-induced illness, PTSD, pain management, and those undergoing major life transitions such as retirement, change in career, or change in lifestyle.

Fees

Occupational Therapy Assessment: \$135

Occupational Treatment: \$120

Cognitive Screen: \$150

Ergonomic Evaluation (Including report): \$180

Ergonomic Evaluation (Without report): \$90

OUR TEAM

Occupational Therapist



Lesley Spada

Lesley truly believes in the importance of having a high quality of life and loves seeing her clients be able to realize that quality through occupational therapy! Over the past 15 years Lesley has worked collaboratively with each and every one of her clients helping them find the tools and resources they need to achieve their goals all the while fostering a warm, empathetic, and supportive environment. Her training, experience, and passion lies in providing treatment to clients suffering from concussions, depression, anxiety, cognitive impairment, chronic pain, chronic illness or injury; as well as those clients adjusting to a significant life change.

Prior to her career as an Occupational Therapist, Lesley was a competitive swimmer at Penn State University where she obtained her undergraduate degree in Kinesiology. She establishes a balanced approach to life by engaging in an active lifestyle outside of work and prioritizing quality time with her family and friends.

**"You don't have to see
the whole staircase, just
take the first step."**

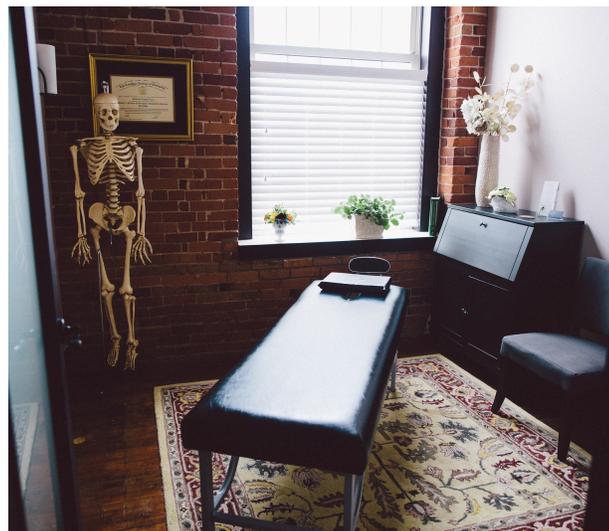
OUR SERVICES

Physiotherapy

Physiotherapy can help restore, maintain and maximize your strength, function, movement and overall well-being. TMJ, vertigo, and concussion recovery are also areas our physiotherapist specializes in.

Whether it's pain management and rehabilitation from an acute injury like a sprained ankle, or management of chronic conditions such as diabetes or heart disease, a physiotherapist will work with you to help you get back to your optimum level of health as expediently as possible.

Physiotherapist's are primary health care professional with a significant role in health promotion and treatment of injury and disease. Combining their in-depth knowledge of the body and how it works with specialized hands-on clinical skills to assess, diagnose and treat symptoms of illness, injury or disability.



How does it work?

For physiotherapy appointments, there will be an initial assessment that will be comprised of understanding what health condition the physiotherapist can help you with as well as how they will do so. We recommend you wear comfortable, non-restrictive clothing, such as yoga pants/shorts and a tank top/t-shirt/sports bra.

Fees

Initial Physiotherapy Assessment & Treatment : \$95

45 Minute Physiotherapy Follow-Up: \$90

30 Minute Physiotherapy Follow-Up: \$75

OUR TEAM

Physiotherapist



Victoria Mokriy

Victoria's approach to client care is to conduct a thorough assessment that allows for treatment plans individualized to the patient's needs. She believes that with the correct tools and direction, the human body is able to achieve wonderful things! Her goal is to ensure that you regain as close to normal function as possible. She has found in the past that her clients are most successful when a consistent plan of care is created by herself and the client. Victoria knows that physiotherapy works, if you're willing to work at it! Beginning practice in Kingston in 2014, her treatment expanded to include vertigo and dizziness rehabilitation, temporomandibular (TMJ or jaw) dysfunction, and functional movement assessments/treatment.

In her free time she spends her free time with her family, including her husband and young daughter and son. She also enjoys running, strength training and playing soccer.

**"Health is a state of
body. Wellness is a state
of being."**

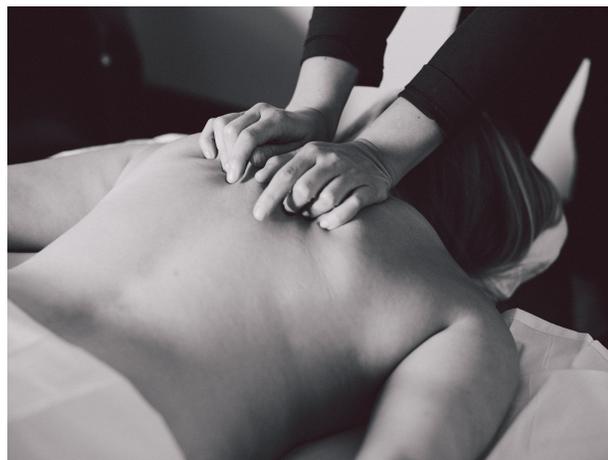
OUR SERVICES

Massage Therapy

Everyone loves a great massage! It is a safe and effective way to relieve stress and anxiety as well as manage many different medical conditions and injuries, including back and neck pain, headaches, constipation, and discomfort during pregnancy.

Our Registered Massage Therapists have studied in some of the most intensive programs in the world, completing over 2200 hours of hands-on post-secondary education, and excel in many areas, including deep tissue massage, Ashiatsu massage, relaxation and stress management, and myofascial release.

In addition to traditional massage therapy, we also offer Ashiatsu Massages, which consist of being a barefoot massage technique that requires the therapist to use their feet instead of their hands to perform the deep tissue massage.



How does it work?

If you have never had a massage before, it is important to note that all massage therapists have unique treatment styles and specialities, though most appointments will follow a similar structure. A massage begins with a lotion or oil being applied to the body, along with the massage therapist using their hands and arms to help release restrictions and tension throughout the muscles and soft tissues. When it comes to the dress code, you are not required to undress if you are uncomfortable. If at any time you'd like to adjust the pressure or have any questions about the treatment, please speak up as every body is different!

Fees

30 Minute Massage: \$65

45 Minute Massage: \$80

60 Minute Massage: \$105

75 Minute Massage: \$135

90 Minute Massage: \$155

Pregnancy Massages and Ashiatsu Massages are available as well.

OUR TEAM

Massage Therapist



Anna-Mieke Little

Mieke's approach to massage therapy is strongly intuitive, however, she integrates anatomy, clinical findings, and therapeutic exercise into treatment. In her training and career, Mieke has worked with a variety of clients; ranging from those who are pregnant, surviving cancer, elderly, athletes, living with MS, weekend warriors and desk workers. She gets excited when someone comes in who has never had a massage before. Mieke understands a massage treatment to be a rich experience, from which each person will reap the benefits!

In her free time, Mieke enjoys being active in the outdoors. She's been known to jump on a plane with a one-way ticket, slackline in the park, and sing while riding her bike around town. She hopes to guide each client in an individual way, through learning about the body and its unabating healing ability.

**"Slow progress is better
than no progress."**

OUR SERVICES

Pulsed Electromagnetic Field Therapy

Pulsed Electromagnetic Field Therapy (PEMF) is a safe, and non-invasive way to reduce pain and inflammation. It can be used to supplement and enhance currently existing healthcare modalities.

PEMF can be thought of as a whole-body (100 trillion cells) battery recharger. The machine uses healthy electromagnetic frequencies, as opposed to harmful EMFS that cell phones produce, to enhance overall health and wellness. PEMF is safe and efficient.

PEMF significantly increases circulation and has a wide variety of health benefits. For pain management, PEMFs can accelerate the healing process, reducing pain and allowing individuals to move more freely. As well, as PEMF may help with:

- Increase circulation
- Decrease inflammation
- Accelerate bone healing
- Enhance muscle function
- Reduce the effects of stress
- Improve blood oxygenation, and much more



How does it work?

Treatments are 20 minutes long, and may be directed at specific areas or to the entire body. As noted, the only contraindications are pregnancy and individuals with an implanted pacemaker or electrical device. You have 20 minutes of pure silence, where you can relax and cuddle up to one of our weighted Hush blankets during your treatment!

Fees

1 Treatment: \$45 (Price goes down to \$25 if used with another treatment (ex: acupuncture))

Unlimited 30 Days: \$150

Unlimited 3 Months: \$300

Annual Pass: \$600

Our Services

We would like to give you some perspective on what each holistic modality is great for helping when it comes to your wellness.

Acupuncture

A system of integrative medicine that involves pricking the skin or tissues with small needles

Hundreds of clinical studies on the benefits of acupuncture show that it successfully treats conditions ranging from musculoskeletal problems (back pain, neck pain, and others) to nausea, migraine headache, anxiety, depression, mental wellness, insomnia, and infertility.

Osteopathy

A holistic manual therapy that emphasizes the manipulation and regulation of the joints, and soft tissues.

Osteopathy works to balance your nervous, musculoskeletal, circulatory and lymphatic systems. Osteopathy can be particularly helpful for neck and back pain, sciatica, colic in infants, migraines, Irritable Bowel Syndrome (IBS), carpal tunnel, tennis elbow, frozen shoulder, scoliosis, whiplash, menstrual pain, nausea, and more.

Occupational Therapy

A form of therapy that encourages rehabilitation through the performance of activities required in daily life.

Occupational Therapy helps works on your physical abilities like strength, balance and coordination as well as your mental abilities like memory, coping strategies, organizational skills. A specific focus on life changes such as divorce, parenthood, and university, as well as helping you get back to work after an accident, and more.

Physiotherapy

A health care profession concerned with human function and movement and maximizing physical potential.

Physiotherapists focus on both prevention and rehabilitation with a focus on neck and back pain, joint and muscle stiffness such as arthritis, asthma, pelvic issues related to child birth, loss of mobility, fatigue, pain, swelling, and more.

Massage Therapy

Massage Therapy is the manipulation of the body's soft tissues.

While improving muscle soreness and mental wellness, massage therapy also aids in improving digestive disorders, headaches and migraines, insomnia, myofascial pain syndrome, nerve pain, sports injury, and more.

Pulsed Electromagnetic Field Therapy

The use of electromagnetic waves to stimulate and encourage your body's natural recovery process.

This modality helps to improve circulation, decrease inflammation, aid in bone healing, enhance muscle function, reduce stress, and improve blood oxygenation and more.

OUR TEAM

Administration



Samantha Turcotte, Practice Manager

Samantha's approach to holistic wellness has been embedded in her every day life, beginning with her background in nursing and long-term care. Sam had sought out alternative holistic care for her own healing, and soon embodied the philosophy that there is more than one path to wellness. Sam works alongside her team to help implement that philosophy at the clinic, all while continuing to further her own knowledge and continue to teach those on the benefits of holistic wellness.

In her free time, you can find same at the hockey rink coaching a team or playing a game herself! Her love for sports and the outdoors is unconditional, much like her love for holistic wellness.



Julia Mallon, Social Media Marketing

Julia Mallon has always been amazed by the wonders of social media, and how it can bring attention of global topics to the fingertips of those in a small town. Julia grew up surrounded by holistic care, as she was taught its importance from a young age. She truly believes that there is more than one path to wellness, and has viewed herself how different forms of wellness impact individual's lives differently. She is a true advocate for wellness and found that Full Circle Health Network was the perfect fit that connected her love for wellness and passion for social media together.

In her free time, you can find her cuddled up to a good book, or writing one of her own! She is known to always be snapping a good Instagram pic.



Catherine Barber, Administration

Catherine is new to Kingston. She recently relocated from Montreal, where she enjoyed working with physicians and patients at St. Mary's Hospital, as well as students and faculty at Concordia University.

Catherine holds a Bachelor of Fine Arts degree in Art History from Concordia University and a Masters in Library and Information Studies from McGill University.

In her spare time, she enjoys travelling, practicing yoga and meditation, reading and going for walks with her husband and dog, O'Malley.

Get in Touch with Us

Whether you choose to call our clinic directly, send us an email, book online or send us a survey submission, there are many ways to get in contact with us!

Clinic Phone & Email Address

(613)-766-3503

info@fchn.ca

Online Booking System

Our online booking system is available at: fchn.ca

Our online booking system is structured in a way that you can see each practitioner's full calendar and availability. From there, you have the ability to choose a date and time, and book right on line! A confirmation email will be sent to you, as well we have appointment reminders that will be sent directly to your phone and email account at least 24 hours before your appointment.

Free Information Call

Every practitioner offers a 15 Minute Free Information Call

Have a few questions you want answered before you book with us? The Free 15 Minute Information Call is for you! Every practitioner in the clinic offers an information call, where you have the chance to ask questions directly to the practitioner you want to see, as well as ask how they can help you. All information calls can be booked online or through contacting our clinic directly.

Free Customized Health Plan

Not sure where to start? This 3 minute survey helps you find which holistic modality is right for you.

Available on our website, our Health Questionnaire is great for attempting to figure out which holistic wellness modality is right for you. By answering a few questions, your survey will be sent directly to our email address. From there, a member of our team will assess your answers, and work with you directly to come up with a treatment plan that works best for you.

Get the App: Curable

Curable is an online pain psychology program, where users interact with a virtual pain coach called Clara for on demand pain relief.



How it Works

This is a very valuable tool to help decrease your pain and get back on track. Through a series of questions during the set-up process Clara gets insight into your pain and its causes. She then sends you lessons and exercises that aims to help you reverse the cycle of pain. Lessons or exercises lasts anywhere from 5 to 20 minutes. In addition, the app has a panic demand for on-demand pain relief.

On Demand Pain Relief

Curable is built on a "biopsychosocial" approach to pain and has shown significant results across clinical studies. Curable's unique design translates this approach for people, to help address pain from multiple angles - physical, emotional, and psychological. By retraining the brain to process pain differently, Curable can help to reduce pain symptoms and help you gain more control and range of motion with each session.



Join with Us: Get 6 Weeks Free

When you join through our clinic, you can enjoy six weeks free! After the six weeks, pricing consists of \$12.28 monthly for unlimited access widespread access to evidence-based, safe, and effective chronic pain solutions for all those in need.

In your first 30 days of using the application, Curable is committed to helping you on your path to effective pain-relief and will give your money back if you do not find relief.

To join, let us know by phone, email or in person and we will set up your account with six weeks free.

FAQs

Is there parking?

The Woolen Mill has free parking surrounding the entire building.

Are there bike racks?

There are several bike racks just left of the East Wing doors. Once through these doors continue until the end of the hall, and we are the last suite on the right.

Is there clear signage?

Unfortunately as the Woolen Mill is a historic building, we do not have much signage out front.

Is the clinic accessible via the bus?

Yes. However, the nearest bus stops are a 10 minute walk from the Woolen Mill. Taking bus route #1 is close.

Is there direct billing?

We do not handle direct billing, however, we can email or print your invoice for ease.

Are there walking paths along Lake Ontario?

There is a newly renovated accessible walking and bike pathway that run along the lake and directly in behind our building.

Is the facility wheelchair accessible?

Yes. Every entrance into the building is wheelchair accessible.

Is there a Covid-19 screening form?

Yes. After you book with us, before each appointment we will send you a COVID-19 screening form which we ask you fill out before each appointment.

Still Have Questions?

Feel free to contact our clinic directly at 613-766-3503 or by email at: info@fchn.ca