



Our Very Best Wishes for 2022 – Living Healthier Together

This year, the holidays and the new year offer a fresh sense of recovery and the potential for a return to normalcy. We are all learning to embrace the unlikely shapes of our lives, as they continue to unfold and spread out before us.

Receptionist Wanted!

We are looking for a dedicated individual who would like to contribute to the growth of our organization and maintain its excellent reputation. If you are a bilingual high school graduate looking for a position with great potential for advancement, please check out our website (csvm.ca) on the CAREERS page for details.



Business Excellence Award – MRC Memphremagog Prix 2021 OMER



CSVM was a finalist at the 2021 Memphremagog Chamber of Commerce Soirée celebrating entrepreneurial excellence in Ayer's Cliff. Thirty-nine companies representing all 17 municipalities of the MRC were finalists. We congratulate La Pinte for taking the prize for Ayer's Cliff.

Meet the People who Help us Embrace our Lives

Karine Giroux is a Pilates Instructor (Trained by Ann McMillan Pilates) at the Wellness Centre and a Registered Massage Therapist. Pilates is a series of exercises that strengthen the abdominals, back, legs and arms, paying particular attention to the rhythm of your breathing. Breathing comes from the diaphragm. All exercises are done with elegance or fluidity control and promote alignment of the whole body. Pilates can be done on the floor, on all fours, standing or on various devices – all movements are without impact. **Come and join her for a class. Contact the Wellness Centre at 819 867-0066 or mieux-etre@csvm.ca**



François Landry is a certified massage therapist and a member of the Fédération québécoise des massothérapeutes (FQM), a federation that assures clients of a high quality of services. François, a long-time resident and volunteer in Ayer's Cliff, has offered his extensive services to the CSVM since 2019. François offers the following services, massages and personal care: • Californian massage • Swedish • Lomi-lomi • Reflexology • Deep tissue • Trigger points • Osteomassage • Fascia therapy • Myofascial chains • Marma Chikitsa care (energetic care from ayurveda). He will be pleased to receive you at the CSVM in a comfortable and hygienic setting for your relaxation and personal healing. **Schedule an appointment with Francois by calling 819-838-1082, press 0, and leave a message for a call-back.**

Thank you for choosing Centre de santé and for your continued support.