

VICTORIA – WILSON ST.

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Brook McGinn

RMT



Brook graduated Massage Therapy College in 2005. Since then she has enjoyed taking a variety of orthopedic courses related to assessment and treatment for massage therapy. Brook practices massage for musculoskeletal dysfunction, headaches, postural imbalances, ICBC cases, Pre/postnatal massage, and post surgical recovery and relaxation therapy. Brook uses a wide variety of techniques including myofascial release, trigger point therapy, Swedish massage, hydrotherapy, tendon release, passive/active stretching and reciprocal inhibition technique. Appropriate home care and remedial exercise is given at the end of treatment. Please feel free to contact Brook directly at brookmcginn@yahoo.ca for any specific inquiries.



Candace Emerson

MScPt, BKin

Before earning her Kinesiology degree from the University of Calgary, and her Master's in Physiotherapy from the University of Alberta, Candace worked as a Physiotherapist Assistant for dogs. Candace divides her time between the LifeMark Wilson clinic, and the LifeMark PISE Interurban clinic. Candace enjoys exploring Vancouver Island by taking long hikes with her dogs.

Chelsey Hulowski

BScPT, CAFCI



Chelsey studied at the University of Saskatchewan. Chelsey works Monday to Friday. On Mondays and Wednesdays she works until 6pm. Tuesdays, Thursdays and Fridays she starts at 8:00am. She graduated in 2007 from the University of Saskatchewan, working in private orthopaedic clinics in Ontario and Saskatchewan before moving to the Island in 2009. Since graduating, Chelsey has become certified with the Acupuncture Foundation of Canada Institute, completed several orthopaedic based courses and is currently working on completing her orthopaedic manual and manipulative physiotherapy levels. Chelsey is an active runner, hiker and traveller who enjoys spending time at the beach and volunteering at the SPCA.

Katrina Ross

Registered Massage Therapist



Katrina graduated from the West Coast College of Massage Therapy 3000 hour program in 2008. She believes strongly in the benefit of massage therapy and enjoys the challenge of working with a variety of healthcare professionals to help her patients live healthy and happy lives. Katrina enjoys a diverse practice and is experienced in treating a wide spectrum of conditions including overuse injuries, sports injuries, motor vehicle accidents, tension headaches, back and neck pain, stress related tension, systemic conditions, digestive problems and pregnancy massage. Katrina believes in educating patients and encouraging them to become active participants in their therapy.

Melissa Heini

R.Ac



Born and raised in Victoria, BC, Melissa grew up very involved in sports. She is currently the Track & Cross Country coach for her son's team at school, and a bootcamp instructor at BDHQ. Melissa received her Diploma of Acupuncture from the Canadian College of Acupuncture & Chinese Medicine in Victoria in 2006. Based out of the LifeMark Victoria Wilson location, Melissa treats a variety of patient needs, and specializes in pain management. Melissa enjoys spending time with her family, and hiking with her dogs.



Molly Demorest
Registered Massage Therapist

Molly became a Massage Therapist to explore a hands on approach to promote healthy living. Sports massage was her first attraction; participating in 4 summers of Stage Race Bike Races as a Registered Massage Therapist. Molly utilizes massage techniques to treat work related treatment, motor vehicle accidents, as well as tension and sinus headache relief. The seemingly endless option of this career has kept her keen and happy.



Ryan Sanderson
Bsc. Kin

Ryan was born and raised on the North end of Vancouver Island. He grew up in Port McNeill, and spent the majority of his time playing hockey in the winter, and participating in track and field in the summer. Ryan attended Simon Fraser University, and graduated in 1998 with a Bachelor of Science in Kinesiology. After graduating Ryan moved back to the Island and began to work at the Esquimalt Recreation Centre, which he has been at for 14 years. Ryan uses both the pool and land-based exercise therapy to treat his clients, which includes pre-post operative, chronic pain, fibromyalgia, motor vehicles accidents, and those looking for general conditioning and weight loss. The pool has been a great tool as it allows for clients to begin early mobilization, helps to reduce and manage pain, and can assist with earlier achievement of individual goals and a quicker return to their activities of daily living. In his spare time Ryan enjoys exploring Vancouver Island's many beaches and hiking trails with his wife and two young children.



Stefanie Yao
Chiropractor

Dr. Stefanie Yao is passionate about optimising the health and wellness of her patients based on their individual lifestyles. She provides a patient centered approach to help patients relieve pain and enhance their health. She enjoys treating patients of all ages for a variety of conditions ranging from sports injuries, motor vehicle injuries, neck and back pain, as well as maintenance and wellness care. She looks forward to meeting and being a part of your health care team as one of the dedicated professionals at Centric Health Victoria BC.



Ty Agha

MScPt, Hon.BSc

Ty grew up in New York and Toronto and recently moved to Victoria from Toronto. He completed his Bachelor's degree from the University of Toronto with a double major in Human Biology and Human Physiology and a minor in Psychology. He then took a year off and volunteered abroad where he worked with children with physical disabilities. He returned to Canada and completed his Masters degree in Physical Therapy from the University of Toronto as well. Ty is currently working on his post-professional Doctor of Physical Therapy degree in the advanced management of musculoskeletal disorders while practicing as a clinician at Lifemark. In his spare time, Ty loves to travel. His bucket list includes visiting at least 50% of the world's countries by the time he is 50. He also loves photography, dancing and chocolate!