

Full Circle Health Network

Redefining the luxury of living well



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 are so 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 practitioners matter, and 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 Royal Artillery Park Offices plaza in Downtown Kingston at 348 Bagot Street, Suite 108 inside of East Gate Health's office. It's situated in between Artillery Park and Staples. We have free parking spots available surrounding the entire plaza! Please use the last door at the end of the parking lot as pictured on the left.

We are the first suite on the right (#108) after the front entrance. There is a locked bathroom at the end of our hallway, so please visit us for the key to unlock it! If you have not completed the online intake form, please arrive ten minutes prior to your appointment to do so.

**Please note that there is a small step after the front entrance.
Let us know if you need assistance managing the step!**

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



Policies:

At Full Circle Health Network, when 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 and 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.

FCHN Core Values

THE DEEPLY INGRAINED PRINCIPLES THAT GUIDE FCHN'S ACTIONS

Holistic Care

Supporting whole people. We consider all aspects of a person and continue to make recommendations that meets 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're 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 mindset. 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

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.

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.

WE'RE HIRING!
WE'RE HIRING!
WE'RE HIRING!
WE'RE HIRING!

Become part of our Circle! New grad applicants also welcome.

Apply today! Head to www.fchn.ca/careers
or scan the below QR code:



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) are interrelated on all levels
- Rational treatment is based on these principles



How it works:

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 Appointment (adults and children): \$150 +hst
- 45min Follow-up Appointment: \$130 +hst
- 30min Follow-up Appointment: \$100 +hst

Manual Osteopathic Practitioners



Geneviève Zizzo, Owner

Fully bilingual (English and French). 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.



Emma Tranier

Fully trilingual (English, French, and Spanish). Emma is from Provence, France. She graduated with a master's degree from the Institut de Formation en Ostéopathie du Grand Avignon in France. She discovered osteopathy while studying biology in Spain! She considers the human body as a whole, where the mind isn't separated from the physical body. She enjoys providing a personalized treatment to everyone. Emma loves yoga and meditation, travel, hiking, and enjoying life!

OUR TEAM

Administration



Sasha Parrell

Lead Administrative and Marketing Assistant

Sasha has an advanced diploma in Advertising & Marketing Communications Management from SLC Kingston & an honours bachelor's degree from the Technological University of Dublin. In her position, Sasha sees the immediate differences in peoples' posture, pain relief, and relaxation levels as they come and go each day, and even more of that over time! She's always wanted to work in a healing space, in some capacity to help people, and this is just the beginning of what she's learning she's capable of.

In her free time, Sasha loves travelling (she was a "military brat" until she was 16, so it's a way of life at this point!), seeing her favourite bands live (60 concerts and counting!), watching true crime documentaries, and anything summer-related!

Let's Keep In Touch!

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!

Via Phone or Email

Call or text: 613-766-3503

Email: info@fchn.ca

Online Booking System

Our online booking system is available 24/7 at www.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 away! A confirmation email will be sent to you, as well as appointment reminders that will be sent directly to your phone and email account 24 hours prior to your appointment.

Free Information Calls

Each practitioner offers free 15-minute information calls!

Have a few questions you want answered before your appointment? Every practitioner in the clinic offers an information call, where you have the chance to ask questions and address concerns directly to the practitioner you want to see. All information calls can be booked online or through contacting our clinic directly.

Free Customized Health Plans

Not sure where to start? Take our 3-minute survey!

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

Let's Keep In Touch!

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!

Follow Us!

Daily posts and stories to give you the most up to date information!

We use Instagram and Facebook to share daily tips & tricks, TikTok when we're feeling goofy, YouTube to share Gen's incredible self-care wisdom, Pinterest occasionally for some inspiration, our podcast to make learning easily digestible, and Spotify for our most fun daily playlists that we use in-clinic. Join us in these spaces to stay connected!

Instagram	@FullCircleHealthNetwork
Facebook	@FullCircleHealthNetwork
TikTok	@FullCircleYGK
YouTube	@FullCircleHealthNetwork
Pinterest	@FullCircleHealthNetwork
Podcast	Healing Better with Full Circle
Spotify	Full Circle Health Network (Check out our fun playlists!)

Frequently Asked Questions

Is there parking?

Yes! The Royal Artillery Park Offices plaza has FREE parking surrounding the entire building. Please do not park in the Artillery Park parking lot. Our parking lot is located directly to the right of Reid & Siemonsen.

Is the clinic accessible via the bus?

Yes! We're just a few streets away from the downtown transfer point.

Is there clear signage?

Kind of! The Royal Artillery Park Offices plaza has a sign facing Bagot Street, but signage is on the front of each door. Please head to the very end of the parking lot (a dead end) and find us at that last entrance!

Is the facility accessible?

Almost! There is a small step right after our front entrance, which we're more than happy to help you navigate! Otherwise, there are no other obstructions on the first floor of our building (and lots of space in the restroom!).

Do you do direct billing?

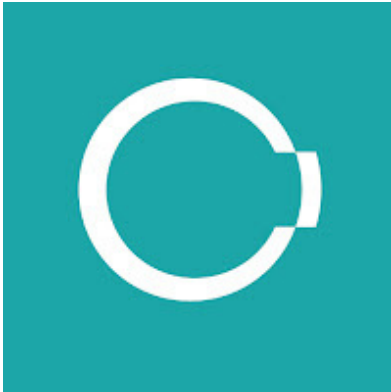
We do not handle direct billing, however, we can email or print your detailed invoice for ease. At the moment, we only do direct billing for Veterans Affairs via Blue Cross. If that applies to you, please provide us with your K number prior to your appointment and we'll facilitate that for you!

Still have some questions?

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

Get the App: Curable

AN ONLINE PAIN PSYCHOLOGY PROGRAM WHERE USERS INTERACT WITH A VIRTUAL PAIN COACH CALLED CLARA FOR ON-DEMAND PAIN RELIEF



How it Works:

Curable 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 button 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 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 = 6 Weeks Free

After your **free 6 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.