



In 2010,  
Resolve to



QUIT

SMOKING!

Heather Rumbolt, Physiotherapist with Physical Rehab Inc., has joined forces with **Action Laser** and will now be providing LASER THERAPY to help you kick the habit.

- Covered by most health insurance plans
- Painless
- Takes only one session (with two complimentary “booster” sessions if needed)

Make this your year to go smoke-free.  
Call for more details or to book an  
appointment.

(709) 634-3788