

A non-profit society governed by local volunteers dedicated to the health and wellness needs of our community.

*Local health matters*

## **NEW! Health and wellness practitioner at PHHC**

Much of the community already knows the Pender Harbour Health Centre as a medical clinic but as a community health centre, it is also home to an array of health and wellness practitioners who operate their businesses from the PHHC.

These include the team from Pender Harbour Dental, registered massage therapists, chiropractors, footcare services and hearing specialists.

Now, the PHHC is excited to announce the addition of acupuncture services from experienced orthopedic acupuncturist Chris Hogan who started offering his services from the PHHC in August.



*Chris Hogan R.Ac.*

grounded, pain free and well.

He is a fully trained orthopedic acupuncturist, getting injured workers and sports people back in the game healing necks, backs, shoulders and knees with a holistic approach.

Hogan is the founder of the acupuncture program at Grant MacEwan University in Edmonton, now in its twenty-fifth year.

He is also a former provincial examiner in Alberta and board member.

For the past 18-plus years, Hogan has owned and operated Edmonton's Acupuncture Health Centre and has close to 3,000 hours of professional training in the therapeutic use of natural medicines including Ayurvedic

medicines, standard professional Chinese medicine, western herbology, Nutraceuticals-supplements and mushroom therapy.

His academic background combines arts and science, providing a robust foundation for his holistic approach to both single patient and community acupuncture.

Now, after six years living and practicing on the Sunshine Coast, Hogan is excited to be practicing as a registered acupuncturist and a professional herbalist at the progressive, multidisciplinary PHHC.

### **PAIN AND ADDICTION ARE NOT A LIFESTYLE**

For over 20 years, Chris Hogan has been helping people and animals with healing injuries, release of chronic pain patterns, assisting couples to conceive and deliver healthy babies and providing menopausal ladies with a natural path to a post-menopausal state.

Hogan is an expert at correcting the root causes of debilitating disharmonies including migraine headaches, depression, anxiety and addiction.

He is still amazed at how rapid and effectively acupuncture can allow a patient to feel balanced,

## **How to book an acupuncture appointment with Chris:**

Appointments are available from 9am – 5pm on Fridays at the Pender Harbour Health Centre

To book appointments:

- Online: <https://sunshineacupuncturehealthcare.janeapp.com>
- Phone: Chris @ 604-989-7586 or PHHC Reception @ 604-883-2764
- Email: [c.hogan8@icloud.com](mailto:c.hogan8@icloud.com)

