



Welcome to TOTEM Wellness Inc!

We are honoured and grateful to be part of your journey.

Here is some information for your first visit with us...

Our studio is on our property, on the left side of the circular driveway. You can park on the north side of the Bunkie or in front of the studio. Our address is 589032 Grey Road 19, Ravenna. Please use Google Maps to find us the easiest – here is the link.

<https://goo.gl/maps/CS3nBwnDfDR2>

Here is our intake form on the next pages – could you please email the form back to us at least 24 hours in advance of our appointment.

Please wear or bring comfortable clothes that we can do movement of the joint in the assessment, and the home program. If shoes are part of your concern, then please bring your common footwear.

We look forward to meeting and working with you,

Erin & Oren Smith
Founders and Therapists