



"caring for the wealth of your health"

Chiropractic • Massage Therapy • Acupuncture • Reflexology • Alexander Technique • Custom Orthotics

Steven Guard, Registered Massage Therapist

As a recent graduate of the 3000 hour RMT Program at Utopia Academy in Vancouver, I am very excited for the opportunity to join the Coastal Health Arts Clinic Team and the privilege of helping you attain your health goals. Born and raised in the Fraser Valley, I have a real passion for helping others and have found Massage Therapy to be very effective for those who suffer from sports and repetitive overuse injuries, women's health issues such as pregnancy, dysmenorrhea, and mastalgia, along with headaches and muscle tension associated with our stressful lifestyles. I've received extensive training in Swedish massage, Clinical Assessment, Manual Lymph drainage, Myofascial trigger point release, Neuromuscular Technique, Spinal Treatment, Joint mobilization, Craniosacral therapy, Pregnancy massage, Breast massage, Active Stretching, Sports massage, Therapeutic Exercise, and Hydrotherapy. I am available Monday, Thursday, Friday and Saturday and you can make your appointments by calling 604-856-0333.