

NANAIMO Community Resources

Yoga/Pilates

Bend Over Backwards Yoga (Nanaimo):

Private yoga sessions, Restorative Yoga classes, or Chair Yoga classes-

www.iyengaryogananaimo.com

Red Door Yoga (Lantzville):

Phone 250-390-9367 or visit www.reddooryoga.ca

Fine Balance Pilates (Nanaimo):

One-on-one Pilates or Restorative Pilates classes – phone 250-754-8190 or visit

www.finebalancenaimo.com

Symphony Neurological Rehabilitation (Nanaimo):

One-on-One Yoga, PT for gait retraining – phone 250-741.0141 or visit

www.symphony-rehab.com

Seniors Connect Nanaimo- phone 250-591-2924 150 Wallace Street

Chair Yoga, other activities and programs for adults 55+

Aquafit

Nanaimo Aquatic Centre:

Therapy Aquafit

Beban Park (Nanaimo):

Therapy Aquafit

*Confirm schedule at www.nanaimo.ca or 250-756-5200

Members of the public can also contact private fitness centers as well as hotels/resorts about access to facilities/pools [ie Lifestyles Fitness, Origins Retirement community]

Workshops and Support Groups

People in Pain Network

Toll Free 1-844-747-7246

Meditation

Full list of meetings

<https://nanaimomeditationgroups.weebly.com/>

Mental Health

Brooks Landing
203-2000 Island Highway N
Nanaimo BC V9S 5W3
Phone: 250.739.5710

24 Hour Crisis Line 1.888.494.3888

USEFUL LINKS

Pain BC: www.painbc.ca

Neil Pearson: www.paincareu.ca

Self Management BC Chronic Pain Classes

<https://www.selfmanagementbc.ca/workshops?region=1>

For Everything That's Community Health Nanaimo (FETCH) <http://www.fetchbc.ca/>

City of Nanaimo: Surviving Nanaimo <https://www.nanaimo.ca/culture-environment/community-and-social-service-programs/surviving-in-nanaimo-guide>