

Dear Clients,

As we approach the holiday season, I have found myself reflecting over the past 10 months and without a doubt, the events of 2020 have been a catalyst for immense change in our world and we have all been affected in some way. From the pandemic that is crippling our healthcare system, and our economic position, to the pandemic of racism and climate change, we have all been forced to look at the changes needed to heal our world and ourselves. And yet, despite all of this upheaval, we have witnessed acts of strength, courage, kindness and love among our families, friends, community and even with strangers.

My sense of gratitude, optimism and resiliency is at the heart of this letter. I know these next few months as we head fully into the second wave of COVID 19 will be difficult, especially with families not able to share in holiday joy, and family meals. Couple that with the dark cold days of winter, I wanted to reach out to say we at the Georgetown Naturopathic Wellness Centre understand this could bring some mental health challenges. Please don't hesitate to call and reach out to us, sometimes a friendly voice and a good belly laugh is all you need. Remember, we have the tools to stay resilient through this second wave by taking care of our bodies with daily exercise, proper sleep, and of course, a nutrient dense plant based diet. Our September 2020 Newsletter is all about immune rejuvenation and resiliency – please take the time to read it again. As you read this letter, take a few minutes every day to practice gratitude, which will help to fill you up mentally, emotionally and spiritually. A daily practice of love, kindness and compassion towards others and ourselves, will lift us all up and help us get through these next few challenging months. As a community, let's stay connected, helping each other and make sure we all thrive through gratitude, optimism and resilience.

With much love,

Dr. Cathy and the team at the Georgetown Naturopathic Wellness Centre

\*you can find our September newsletter on our website

[www.georgetownnaturopathic.ca](http://www.georgetownnaturopathic.ca) under the Covid-19 button