



MEDIA RELEASE

September 16, 2019

FOR IMMEDIATE RELEASE

Petawawa, ON The Petawawa Centennial Family Health Centre (PCFHC) has recently undergone a facility expansion that will allow them to better serve the community. The PCFHC Board of Directors were pleased to collaborate with the business community to accommodate some essential service providers with dedicated tailored commercial space within the PCFHC building envelop. The PCFHC operates to realize its Mission, of an *"integrated health team providing personalized, comprehensive, quality care."* This expansion is an enhancement to the PCFHC's long term vision to become the *"heart of healthcare in Petawawa"* by working with the community to build a better health system. The growth of the PCFHC's own operations necessitated this expansion and will allow for the introduction and expansion of programming and supports to the area residents.

The three complimentary businesses who now have permanent commercial space in Petawawa as a result of the expansion at PCFHC include LifeLabs, Mulvihill Drug Mart and Ottawa Valley Physiotherapy. We are celebrating and welcoming these businesses to the Petawawa Business community on Wednesday, September 25th at 4:30 pm.

LifeLabs is thrilled to be a part of the PCDHC expansion and see their integrated space as a wonderful opportunity to better serve the needs of the Petawawa community. The new location features patient-centred innovations like on-line appointment booking and LifeLabs' new app, Save My Spot, so patients can check-in digitally and reduce their wait time at the centre. LifeLabs is Canada's leading provider of laboratory diagnostic information and digital health connectivity systems, enabling patients and health care practitioners to diagnose, treat, monitor and prevent disease. They support 20 million patient visits annually and conduct over 100 million laboratory tests through leading edge technologies and their 5,700 talented and dedicated employees.

Mulvihill Drug Mart has been a trusted family drug store in the Pembroke and Petawawa community since 1928. Their ongoing commitment to customer service, personalized care and total health makes them unique as they are able to extend their service beyond the walls of our pharmacies and into their clients' homes and the community. With the addition of their newest

location in the PCFHC, Mulvihill's Drug Mart will be better positioned to meet the pharmacy needs of the Petawawa community with their signature exceptional service, quality products and professional expertise focused on their client's total health.

Ottawa Valley Physiotherapy takes pride in providing Health Care Services to the dynamic community in Petawawa. The expansion of the PCFHC offers Ottawa Valley Physiotherapy the opportunity to accommodate more professionals and provide services to a greater number of patients. Their new state-of-the-art, larger facility, includes more treatment rooms and a revamped exercise area, offering a modern, warm and welcoming environment for their patients. Ottawa Valley Physiotherapy services include treatments for a variety of orthopaedic conditions, pelvic floor, paediatrics, concussion rehabilitation, acupuncture and dry needling. Registered Massage Therapy services include deep tissue, lymphatic drainage, and Thai massage. Custom and off-the-shelf bracing along with custom orthotics services compliment their repertoire.

Please join Mayor Sweet, Council, representatives from the Board of the Petawawa Centennial Family Resource Centre, and representatives from LifeLabs, Mulvihill Drug Mart and Ottawa Valley Physiotherapy on Wednesday, September 25th at 4:30 pm for an official ribbon cutting ceremony. Refreshments, hors d'oeuvres and business site visits will be available following a brief ceremony.

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The Petawawa Centennial Family Health Centre (PCFHC) serves approximately 8100 patients, has clinical and support staff representing 32 professionals.

The PCFHC offers a myriad of programs to the community of Petawawa including:

- Smoking Cessation;
- Well Women's Clinic (for those women who do NOT have a family physician);
- Well Baby Clinic;
- Breast Feeding Clinic;
- Mindfulness for Stress Reduction;
- Monthly Nutrition sessions;
- Falls Prevention Program;
- Valour High School Program; and
- Cooking with Kids in the Class;
- An Eating Disorders clinic (coming fall 2019)
- CardioPrevent program (coming fall 2019).

The PCFHC Board of Directors are pleased to be able to partner with the business community enhancing their collective role as the heart of healthcare in Petawawa.