



Lower Island Soccer Association has formed a cooperative relationship with LifeMark Health. LifeMark Health is an overall healthcare company with rehabilitation and physiotherapy at the three locations in Greater Victoria.

This cooperative agreement means;

- **Early access** for players for immediate assessment and rehabilitation
- A **reduction in fees** pitched at \$10.00 off LifeMark's rate fee
- **Provision of educational sessions** for coaches and staff on **injury management and first aid care**
- **Educational sessions** for the players and parents on **nutrition, exercise tolerance.** Athlete management under the guidance of the long term athlete development model as proposed by Sport CANADA
- Provide **advice** around athlete welfare from a health and wellness point of view

LifeMark locations in the Victoria area:

LifeMark Physiotherapy
McKenize Clinic
3941 Shelbourne St, 2nd Floor
(250) 477-1441
Contacts:
Craig Babiak
Stefan Fletcher

LifeMark Physiotherapy
Westside Clinic
174 Wilson Street
(250) 382-0777
Contacts:
Chris May
Gerald Steenkamp

LifeMark Health Centre
Inside Esquimalt Rec Centre
527 Fraser Street
(250) 382-9992
Contact:
Jay Purdon