

# MEET ELIZABETH ESPOSITO



*Our mission is to provide  
you with the very best  
care possible.*



## ELIZABETH ESPOSITO

REGISTERED MASSAGE THERAPIST  
RMT

**Elizabeth Esposito** practiced in Toronto and Yellowknife before moving to British Columbia in 2007. She has experience treating a wide range of individuals. She has worked with athletes ranging from triathletes to trampolinists to help them attain their goals and assist them in recovering from injuries. In 2009 she was a massage therapist for the World Police and Fire games and assisted in injury prevention and recovery for the athletes.

Elizabeth also works with the elderly and provides treatments for headaches and TMJ dysfunction. She has experience working with infants, young adults and pregnant women, as well as in senior and palliative care outreach.

Since graduating from Centennial College's Massage Therapy Program, she has continued her interest in holistic therapy and has earned additional training at McMaster University in Ontario. She is qualified in deep-tissue, chair and sports massage, as well as in pre- and post-natal massage.

Elizabeth looks forward to working with you to help you attain your rehabilitation and health goals.

North Shore Winter Club  
1325 East Keith Road  
North Vancouver  
604.985.4135 loc 273  
7 am – 7 pm Mon - Fri  
10 am – 2 pm Sat

**Elizabeth looks forward to working with you  
at North Shore Sports Medicine Clinic—Massage Therapy**

***Open to Every Body***

***Medical referrals are not required for Clinic services.***