

1400 Greenwood Hill Rd.
P.O. Box 189 Wellesley, ON N0B 2T0
T: 519-656-2358
www.greenwoodclinic.ca



SUMMER 2022

WHAT'S HAPPENING

CLINIC RE-LOCATION

It is with excitement and optimism, but also some sadness, that I announce the relocation of my clinical practice to Carespace Health and Wellness, based at 564 Weber Street North, Unit 12, Waterloo, and the closure of Greenwood Wellness Clinic, effective August 12th, 2022. It has been a humbling and gratifying experience to serve the people of Wellesley township and beyond for 16 years, after taking over from my father Murray's Intelligent 21st Century Nutrition homeopathic practice.

Over the last several years, the requirements of running the business while also operating an organic grass fed beef farm and continuing some work at Bio-Ag Consultants and Distributors became too much for me to manage efficiently. I am unable to dedicate the time required to nurture and grow the business in a sustainable way that provides the best outcomes for patients. Shifting my practice to an established clinic allows me to focus on patient care.

I am thrilled to share my new location, [Carespace Health and Wellness](#). Carespace is a multidisciplinary clinic with a focus on collaborative care. With so many disciplines in one place (chiropractic, massage therapy, physiotherapy, kinesiology, fitness training, psychotherapy and naturopathic medicine) collaboration is simple and efficient, providing a

better client experience and leading to better outcomes. For any patients that wish to continue or resume care at Carespace, simply call reception at 519-208-2273 and let them know you were a patient at Greenwood Wellness Clinic and they will help you book an appointment at the Carespace office. With permission, I will transfer your file electronically to the Carespace system. Conveniently located at the edge of north Waterloo, it is a short 20 minute drive from Greenwood Wellness Clinic. Telehealth options are available for those unable to make it to the office.

Dr. Pronk will see his patients at his new home office in Palmerston, and has already completed much of this transition. To schedule an appointment, call John directly at 519-335-4033. Files that aren't transferred to Carespace or John's office will be kept at 1400 Greenwood Hill Rd for 10 years (or if under age 18, for 10 years following the 18th birthday). If you require a copy, contact us by mail, *Greenwood Wellness Clinic PO Box 189, 1400 Greenwood Hill Rd Wellesley ON, N0B 2T0*.

If either of the new clinic locations don't work for you, you can search for a naturopathic doctor near you at [oand.org](#) or [collegeofnaturopaths.ca](#). Alternately, you can call our office for a specific recommendation of someone near you.

THANK YOU'S

I must thank Mary-Lou, without whom the operation of the clinic would not have been possible over these last many years. She wore many hats, from reception to bookkeeping, always with a smile and friendly word. Mary Lou will continue to work with Bio-Ag Consultants.

The list of everyone who has supported me is long, but I would like to thank Murray for establishing the clinic so many years ago. He had deep connections with many people he saw, and I know took great enjoyment in helping others. I would also like to thank my entire family for supporting me through this change.

Dispensary and Supplements

Many people rely on our dispensary as a trusted and convenient place to purchase supplements. Over the next 2 months we will be gradually selling off our inventory as well. If inventory remains after our official closure date of August 12th, we will fill phone orders on a weekly basis until the end of August, or until inventory runs out.

One thing that has changed over the years is the wider availability of products, partly through

large health food store chains, but also due to online availability. In many cases, supplements can be ordered directly from the manufacturers' website. Below are 2 popular online stores that carry a variety of brands.

- <https://well.ca/>
- <https://www.vitamart.ca/>
- <https://www.healthyplanetcanada.com/>
(online and physical dispensary)

Below is a non-exhaustive list of area health food stores that can also serve many of your supplement needs:

- <https://goodnessme.ca/pages/choose-your-store-location>
- <https://fiddleheadshealth.com/stores>
- <https://thegentlerain.ca/>
- <https://www.mayahealthfood.ca/>
- <http://townpantryhealthfoodstore.ca/>
- <https://pandoraspantry.ca/>

If you are unable to find your specific supplement either in store or online, please set up an appointment with your naturopathic doctor who can make suggestions for a different brand or product. Before changing products, we encourage you to talk with your Naturopathic Doctor to make sure it is an appropriate substitution.

KEY DATES

August 12th – Clinic closure date. Last day Lindsay available to see clients in Wellesley

August 31st – Last day of regular phone monitoring. Last day of selling inventory.

December 31st - Last day of email monitoring

NEW CLINIC LOCATION FOR LINDSAY

CARESPACE HEALTH+WELLNESS
12 - 564 WEBER STREET NORTH
WATERLOO, ONTARIO N2L 5J3

T: (519) 208-2273

E: lbast@carespace.health

W: www.carespace.health

New Clinic Location for John

9150 Rd 171
(Brotherston)
RR # 1 Gowanstown, ON
N0G 1Y0
(10 km west of Palmerston)
519-335-4033
jpronk@greenwoodclinic.ca