

## **NANAIMO Community Resources**

### **Yoga/Pilates**

Bend Over Backwards Yoga (Nanaimo):

Private yoga sessions, Restorative Yoga classes, or Chair Yoga classes-

[www.iyengaryogananaimo.com](http://www.iyengaryogananaimo.com)

Red Door Yoga (Lantzville):

Phone 250-390-9367 or visit [www.reddooryoga.ca](http://www.reddooryoga.ca)

Fine Balance Pilates (Nanaimo):

One-on-one Pilates or Restorative Pilates classes – phone 250-754-8190 or visit

[www.finebalancenaimo.com](http://www.finebalancenaimo.com)

Symphony Neurological Rehabilitation (Nanaimo):

One-on-One Yoga, PT for gait retraining – phone 250-741.0141 or visit

[www.symphony-rehab.com](http://www.symphony-rehab.com)

Seniors Connect Nanaimo- phone 250-591-2924 150 Wallace Street

Chair Yoga, other activities and programs for adults 55+

### **Aquafit**

Nanaimo Aquatic Centre:

Therapy Aquafit

Beban Park (Nanaimo):

Therapy Aquafit

\*Confirm schedule at [www.nanaimo.ca](http://www.nanaimo.ca) or 250-756-5200

Members of the public can also contact private fitness centers as well as hotels/resorts about access to facilities/pools [ie Lifestyles Fitness, Origins Retirement community]

### **Workshops and Support Groups**

People in Pain Network

Toll Free 1-844-747-7246

### **Meditation**

Full list of meetings

<https://nanaimomeditationgroups.weebly.com/>

**Mental Health**

Brooks Landing  
203-2000 Island Highway N  
Nanaimo BC V9S 5W3  
Phone: 250.739.5710

24 Hour Crisis Line 1.888.494.3888

**USEFUL LINKS**

**Pain BC:** [www.painbc.ca](http://www.painbc.ca)

**Neil Pearson:** [www.paincareu.ca](http://www.paincareu.ca)

Self Management BC Chronic Pain Classes  
<https://www.selfmanagementbc.ca/workshops?region=1>

For Everything That's Community Health Nanaimo (FETCH) <http://www.fetchbc.ca/>

City of Nanaimo: Surviving Nanaimo <https://www.nanaimo.ca/culture-environment/community-and-social-service-programs/surviving-in-nanaimo-guide>