June 2026 Newsletter

Thank you for being part of the Aktiv Coast Healthcare community! We're excited to share this packed June edition of the newsletter. Settle in for a valuable five-minute read. We guarantee you'll learn a few helpful tips and hopefully be entertained along the way!

We aim to have a positive impact on the community. If you find this newsletter beneficial, please share it with friends and family! Your support helps us grow, and we would love it if you could follow us on social media or leave a review on our Google page.

Thanks! — The Aktiv Coast Healthcare Team

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Refer a Friend; Get a Coffee

We really value the trust you place in us when you refer your friends and family! We are excited to continue our Referral Rewards Program, offering a special treat at L'Aromas.

If you have recently referred a friend or family member, keep an eye on your inbox! We will send you an email at the end of each month to let you know you've received a credit for L'Aromas. All the details on how to redeem your reward will be included in that email.

Should you have any questions about the program, please don't hesitate to reach out to us at info@kaycoasthealthcare.ca.

Book an Appointment Here

Community Involvement:
Barns to Beaches Festival

We're thrilled to be part of the 2026 Barns to Beaches Festival on **June 20**!

Located at The Red Barn in Southlands and centred around a scenic bike ride from Southlands in Tsawwassen, this exciting day brings the community together for a lineup of events designed for all ages and abilities. We'll be there connecting with our community including the riders, helping them feel their best as they take on the ride.

The event supports the incredible work of the Delta Hospital and Community Health Foundation. We can't wait to see you there!

Another great opportunity to catch some live music is at the Harvest Festival in September. Find tickets HERE

Clinicians' Corner:
The Real Reason Your Feet Start Hurting in Summer

Summer is finally here, but for many people, that also means the return of nagging heel and foot pain. In this newest blog post, Dr. Gordon explains why the switch to sandals, flip flops, and other unsupportive summer footwear often leads to problems like plantar fasciitis and lingering heel pain. He also dives into a lesser-known cause of foot pain that is frequently overlooked: nerve irritation that can mimic classic plantar fasciitis symptoms.

The article also includes practical tips you can start using right away, from choosing better summer footwear to simple recovery strategies that can help keep you active and enjoying the season pain free.

Click below to read the full article and learn how to keep your feet happy this summer.

Read The Full Article Here

Adventure of the Month:
Ptarmigan Ridge

Looking for your next mountain adventure? This month's Adventure of the Month takes you to one of the most spectacular hikes within a few hours of Tsawwassen: Ptarmigan Ridge in Washington's Mount Baker Wilderness.

With breathtaking panoramic views, alpine meadows, rugged ridgelines, and constant mountain scenery from the moment you leave the parking lot, it's easy to see why this hike has become one of our favorites. Whether you're an experienced hiker looking for a rewarding day trip or simply searching for an unforgettable summer adventure, this trail delivers some of the most impressive views in the Pacific Northwest.

In the full blog, you'll find everything you need to know before you go, including driving directions, trail difficulty, seasonal considerations, recommended gear, parking information, and a hidden alpine lake that makes for an incredible overnight camping destination.

Click below to read the full guide and start planning your next adventure!

Read More Here

Athletes Corner:
Now Supplying Bauerfeind Products

We are excited to announce becoming a proud supplier of Bauerfeind Canada, a world leader in premium orthopaedic braces, supports, orthoses, and compression products.

Bauerfeind products are trusted by healthcare professionals, Olympic teams, and everyday active individuals around the world for their exceptional comfort, durability, and effectiveness. These products are built to help reduce pain, improve function, support recovery, and keep you doing the activities you love.

Our team can help determine which brace or support is most appropriate for your condition and ensure you receive the correct fit for optimal results.

If you are dealing with persistent joint pain, recovering from an injury, or looking for additional support during work, sports, or daily activities, speak with one of our clinicians to learn whether a Bauerfeind product may be right for you.

Have extended health insurance? Ask us how you can get products covered under your current insurance plan.

At Aktiv Coast Healthcare, we are now able to provide professionally fitted Bauerfeind braces, supports, and compression garments for a wide variety of conditions, including:

- Knee pain and osteoarthritis
- Meniscus injuries
- Ligament sprains and instability
- Patellofemoral pain (runner's knee)
- Tennis elbow and golfer's elbow
- Wrist and thumb pain
- Ankle sprains and instability
- Achilles tendon issues
- Plantar fasciitis
- Swelling and circulation concerns
- Sports injuries and post-operative recovery

NutritioNerd: MitoCORE®
Always Tired? It Might Not Be Just Sleep

Many people assume low energy is simply part of getting older or having a busy lifestyle. While sleep is important, your body also needs the right nutrients to produce energy efficiently.

That's where MitoCORE® comes in. This comprehensive supplement is designed to support your body's "power plants" (called mitochondria), helping your cells create energy more effectively while also providing antioxidant and immune support.

What we love about MitoCORE® is that it goes far beyond a standard multivitamin. It combines vitamins and minerals with research-backed ingredients that support energy production, recovery, and healthy aging.

Dr. Gordon and Dr. Linn both take MitoCORE® themselves and have found it helps support their energy levels during long clinic days. It's consistently one of Orthomolecularx' best-selling supplements for a reason.

Want to try it out? Just ask us about it next time you're in the office, or send us an email at info@coasthealthcare.ca to place an order. We're happy to help!

Dr. Linn's Trip to Naramata

Dr. Linn and his wife recently escaped to the Okanagan over the May long weekend, joining friends for some adventure, delicious food, and local wine. Despite the surprisingly brisk camping weather, we bundled up and kept it fun. We definitely ate well, thanks to the amazing meals our talented group cooked up. Highlights included hiking the historic KVR railway line for a great hike and a perfect starry evening campfire down at Centre Beach. For a special treat, we enjoyed an exceptional dinner at Terroir Kitchen on the Naramata Bench. The scenery in this part of the Okanagan is just amazing.

Aktiv Coast HEALTHCARE

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