



SEPTEMBER 26, 2018

This week, our speaker was Laura Foster talking about Float Therapy.

Laura is from Chatham, a member of Maycourt, married and a mother. But Laura was also in a serious car accident. She was off work for several months, suffering from chronic pain and anxiety.

She began floating as a way of therapy and decided that this was what she wanted to do with her life.

So she and Cortney Mayrand started a business called Floating Therapy. The business is located at 268 King St. W. in Chatham.

Floating involves a float tank or pod filled with 120 gallons of water mixed with 1,100 pounds of Epsom Salt. The density of the mixture allows one to float on the surface.

During an hour session of floating in this pod, the body absorbs magnesium which is said to relax muscle tension. It also may reduce pain, blood pressure and stress hormones.

Everything needed is supplied - towels, robes bath products etc. Customers must shower before and after the float.

Many elect to close the door to the pod and are in complete darkness and silence.



President Jennifer, Rotarian Darlene Smith and Speaker Laura Foster



Above, Darlene Smith introduces our guest speaker

Between sessions, the solution is fully filtered three times The salt itself is sterile preventing pathogens from surviving in the environment.

Laura is hoping to have the procedure recognized by doctors and covered by insurance companies. The cost of an hour treatment is around \$55.

Laura was introduced by Rotarian Darlene Smith and thanked by President Jennifer Hill.

This activity may be unknown to many Rotarians and we thank Laura for telling us about it.

We wish her luck with her business.



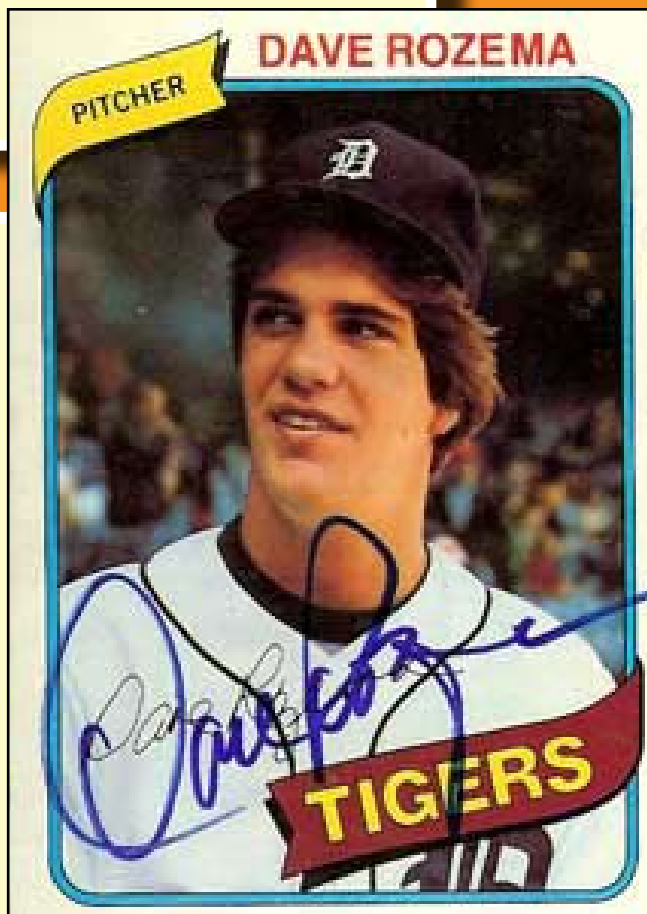
President Jennifer thanks our guest speaker Laura Foster



Happy Notices

BIRTHDAYS

Brett Smith
Sept 24



Annual Banquet

Dave Rozema is the speaker.

Dave will make a short speech and then be interviewed by Peter Cobb and Sean Moynihan. Questions from the audience will follow.

CLUB ANNIVERSARIES

Bob Rankin
over 25 years

Terry Smith
2 years

UPCOMING MEETINGS

NEXT WEEK

**Wednesday Meeting
Is Cancelled.**

**Banquet on
Friday, October 5**