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MAGAZINE

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25 Years of Innovation
Dr. Craig Schisler's
Legacy in Transforming Spine Care





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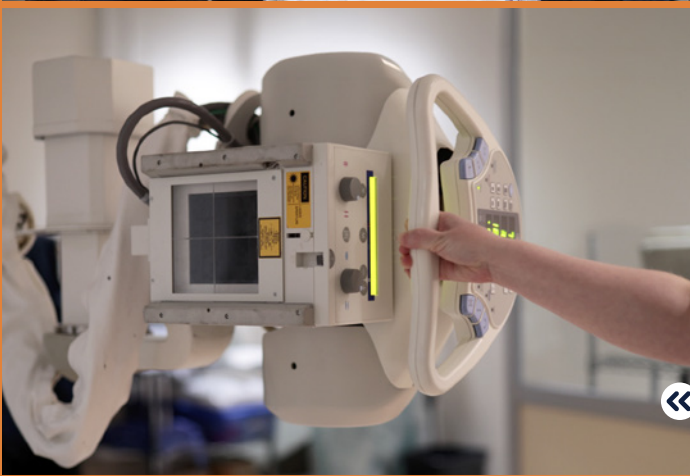
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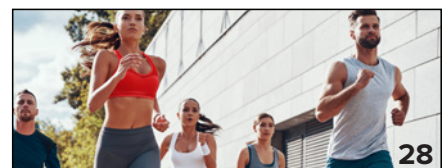
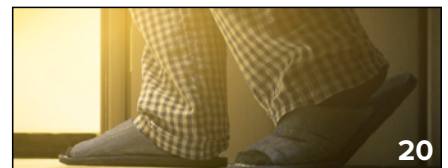
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25 Years of Innovation

Dr. Craig Schisler's Legacy in Transforming Spine Care

By Paula Just

From pioneering non-surgical spinal decompression in Canada to helping establish the first university-based outpatient clinic of its kind, Dr. Schisler continues to advance the future of spine health.

For the past 25 years, Dr. Craig Schisler has been helping people reclaim their lives from chronic pain. Throughout his career, countless patients suffering from debilitating back and neck conditions have walked through the doors of Schisler Spine Centre looking for answers after exhausting other treatment options.

When Dr. Schisler opened his practice in Windsor in 2000, he quickly realized that conventional approaches weren't enough for those living with severe spinal conditions.

Determined to find more effective solutions, he became one of the first chiropractors in Canada to introduce true non-surgical spinal decompression therapy—a technology that was still virtually unknown in the country.

"Looking back, I can recognize just how groundbreaking that decision was", he remembers. "I was one of the first doctors to bring this approach to Canada, and it was really remarkable".

Today, Schisler Spine Centre is acknowledged as one of Canada's leading clinics specializing in chronic spinal conditions, helping patients with herniated and bulging discs, sciatica, degenerative disc disease, neuropathy, chronic neck and low back pain through advanced, evidence-informed care.

Every individual begins with a thorough assessment to determine the true source of their symptoms. Rather than focusing on temporary relief, Dr. Schisler's approach is designed to identify the underlying problem and create a personalized intervention plan using technologies and science-based protocols. Most of them found relief without surgery.

"There's always a reason for the pain—you just haven't found it yet," he says. "I've had patients who lived suffering for decades and are now healthy. Some people call it a miracle; I call it good science. Together, we can achieve results that aren't ordinary."

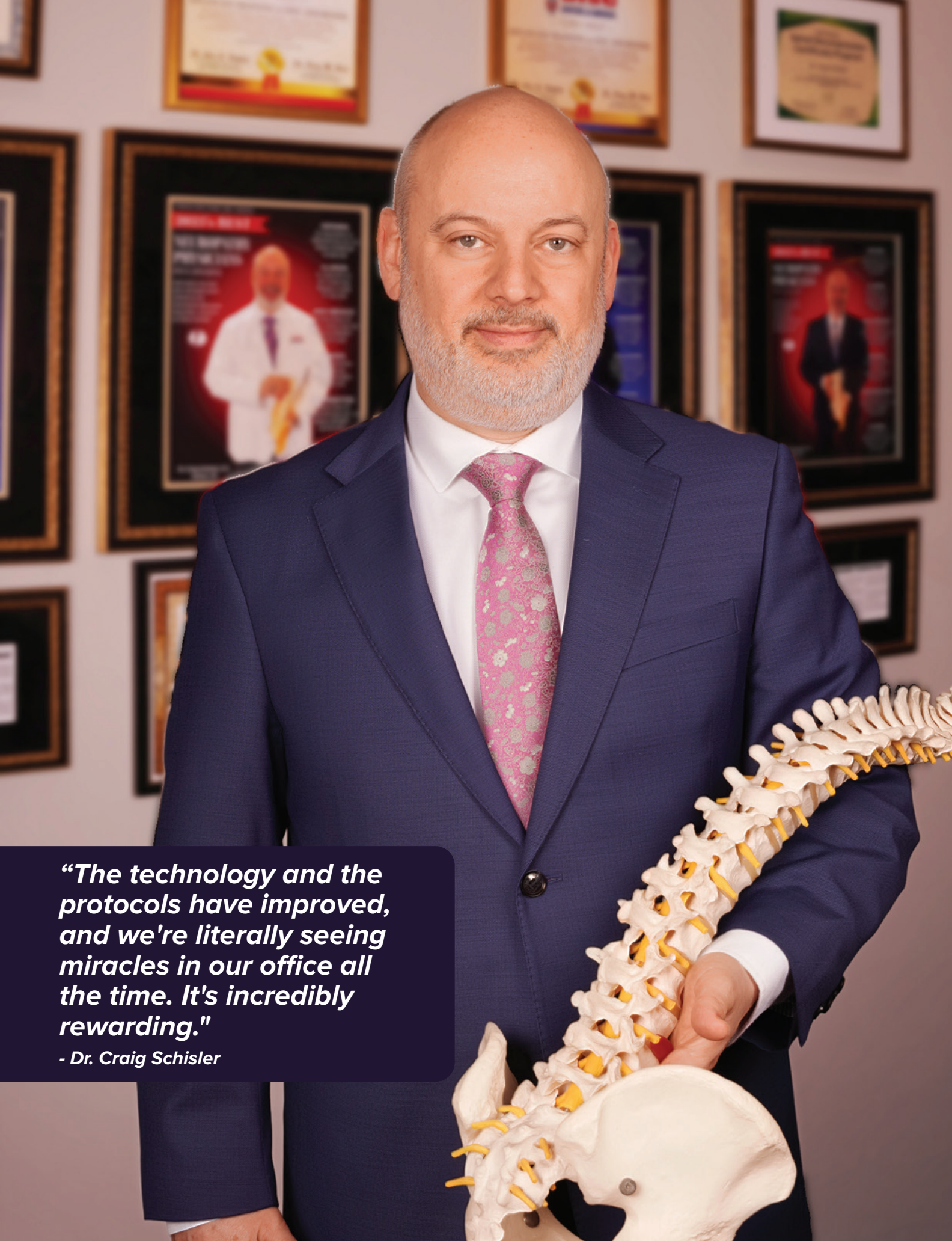
A small case study published in the *Journal of Contemporary Chiropractic* found promising results for nonsurgical spinal decompression. The study followed 13 patients with severe lumbar disc conditions who had been living with chronic pain and had not responded to previous treatments. After completing 20 sessions, participants reported an average 80% reduction in pain, a 50% improvement in daily function and a 75% increase in overall quality of life.

A graduate of New York Chiropractic College, Dr. Schisler has spent more than two decades refining his clinical approach while continually expanding his knowledge. The message he hopes people remember most is that chronic pain should never be accepted as inevitable. That commitment reached a new and big milestone last February.

Working alongside Disc Centers of America—the world's largest network of spinal decompression physicians—Dr. Schisler helped establish the Life University Disc Centers of America Outpatient Clinic and Education Center in Marietta, Georgia.

Located inside Life University, the facility became the first university-based outpatient non-surgical spinal decompression clinic of its kind at a chiropractic college.

The centre serves a dual purpose. People receive specialized treatment for spinal conditions, while chiropractic students receive hands-on education



"The technology and the protocols have improved, and we're literally seeing miracles in our office all the time. It's incredibly rewarding."

- Dr. Craig Schisler

using standardized, research-based protocols before entering professional practice. The facility also supports clinical research designed to advance non-invasive care and reduce dependence on opioids and unnecessary surgery for chronic back pain.

Dr. Schisler played a foundational role in developing both the clinical training model and the outpatient care system for the new center. "I'm extremely proud because it's a major advancement—not only in my profession, but in healthcare," he says. "Now this is becoming part of the core curriculum. Students are learning how to properly diagnose, treat and operate a clinic using certified protocols."

For him, the project represents something even bigger than opening another healthcare facility. It helps ensure future generations of practitioners receive consistent, evidence-based training in a field where techniques have often varied widely.

This initiative also reinforces the chiropractor's commitment to expanding access to quality spine care, especially as he has witnessed a growing number of back problems in recent years. Sedentary lifestyles, remote work and excessive screen time are among the key factors contributing to this trend.

"Modern lifestyles are creating more back-related problems than ever before", he says. "Sitting all day puts enormous stress on the discs of the spine, and I'm seeing more serious cases of bulging discs, herniated discs and sciatica because of this lifestyle."



Fortunately, he believes many cases can be prevented by returning to simple, consistent habits. His advice isn't complicated: get up, move regularly, exercise consistently, eat well and prioritize sleep. Even a daily walk can make a meaningful difference. "We're meant to move; movement is medicine", Dr. Schisler affirms.

According to him, many patients have regained their mobility, discontinued opioid use, returned to work and resumed enjoying life with their families after lifestyle changes and treatment. Above all, he believes chronic pain should never be accepted as a way of life.

"The technology and the protocols have improved, and we're literally seeing miracles in our office all the time. It's incredibly rewarding."

As he celebrates 25 years in practice, retirement isn't on the specialist's mind. Instead, he's looking forward to helping many more individuals while continuing to learn, stay current with the latest innovations and advance the profession he has dedicated his life to. In many ways, that mindset was shaped by advice he received from a mentor early in his career.

"I remember being told there are two kinds of doctors," he says. "One spends 20 years continually learning and growing. The other practices for two years and simply repeats those same two years over and over again."

The choice, he says, was obvious. "I've never stopped learning. After all these years, I'm doing things I never would have imagined when I first started. That's the key to helping patients and getting better every year".

Although Schisler Spine Centre is a private clinic and is not covered by OHIP, patients do not need a referral to access care. While the clinic receives referrals from other healthcare providers, individuals can also contact the centre directly to begin their journey toward better spinal health. To learn more, visit their website.

www.OntarioDiscCentre.ca
or call 519-988-0220.



"I was one of the first doctors to bring this approach to Canada, and it was really remarkable". - Dr. Craig Schisler





HOW A COMMUNITY GENEROSITY IS STRENGTHENING HEALTHCARE TODAY AND SHAPING TOMORROW.



Every year, there comes a moment when we pause to reflect on everything our community has accomplished together.

For the Chatham-Kent Health Alliance Foundation, that moment arrives with the release of our annual Donor Impact Report. While the report highlights dollars raised, equipment purchased, and milestones achieved, its true purpose is much simpler than that.

It tells the story of a community that continues to show up for its hospital.

During the 2025-2026 fiscal year, more than \$1.1 million was committed to Chatham-Kent Health Alliance through the generosity of donors, businesses, service clubs, volunteers, community organizations, and event participants from across Chatham-Kent.

Those dollars have already begun making a difference in countless ways. Some of that impact can be found in the latest medical equipment helping physicians diagnose illness earlier and care for patients more effectively. Some can be seen in innovative programs that improve patient experiences



and support families through difficult moments. Some is reflected in ongoing investments that strengthen nearly every corner of our hospital, from Diagnostic Imaging and Women's & Children's Care to emergency services and patient assistance initiatives.

Sometimes, however, impact is measured not by a dollar amount, but by a moment.

One of those moments can be found in our Women's & Children's Program, where donor support recently helped fund a new Panda iRes Warmer. Designed to provide advanced care for vulnerable newborns, it gives our care teams another important tool to help babies and their families receive exceptional care close to home during life's very first moments.

It is one piece of equipment. One story.

One example of something made possible because our community chose to invest in local healthcare.

Multiply that story hundreds of times over, and you begin to understand the true impact of community philanthropy.

Over the past year, Chatham-Kent Health Alliance cared for more than **215,000 patient visits**, completed **109,000 Diagnostic Imaging exams**, and welcomed a record-breaking **931 babies** into the world. Behind every one of those numbers is a person, a family, and a care team supported by the generosity of this community.

But perhaps the most exciting part of this year's story is that it isn't only about looking back.

CHATHAM-KENT HEALTH ALLIANCE: WHERE EXCEPTIONAL CARE HAPPENS

STATISTICS FROM APRIL 1, 2025 TO MARCH 31, 2026



**EMERGENCY
DEPARTMENT**
53,627 VISITS

*FROM WALLACEBURG & CHATHAM SITES



**DIABETES
EDUCATION CENTRE**
6,968 VISITS



**WOMEN &
CHILDREN**
931 BABIES BORN



ONCOLOGY
4,369 VISITS

215,454
TOTAL PATIENT VISITS

*FROM WALLACEBURG & CHATHAM SITES



DIALYSIS
5,850 VISITS



**MENTAL
HEALTH OUTPATIENT**
11,668 VISITS



**STROKE
PREVENTION CENTRE**
1,781 VISITS

DIAGNOSTIC IMAGING
**109,041
EXAMS**



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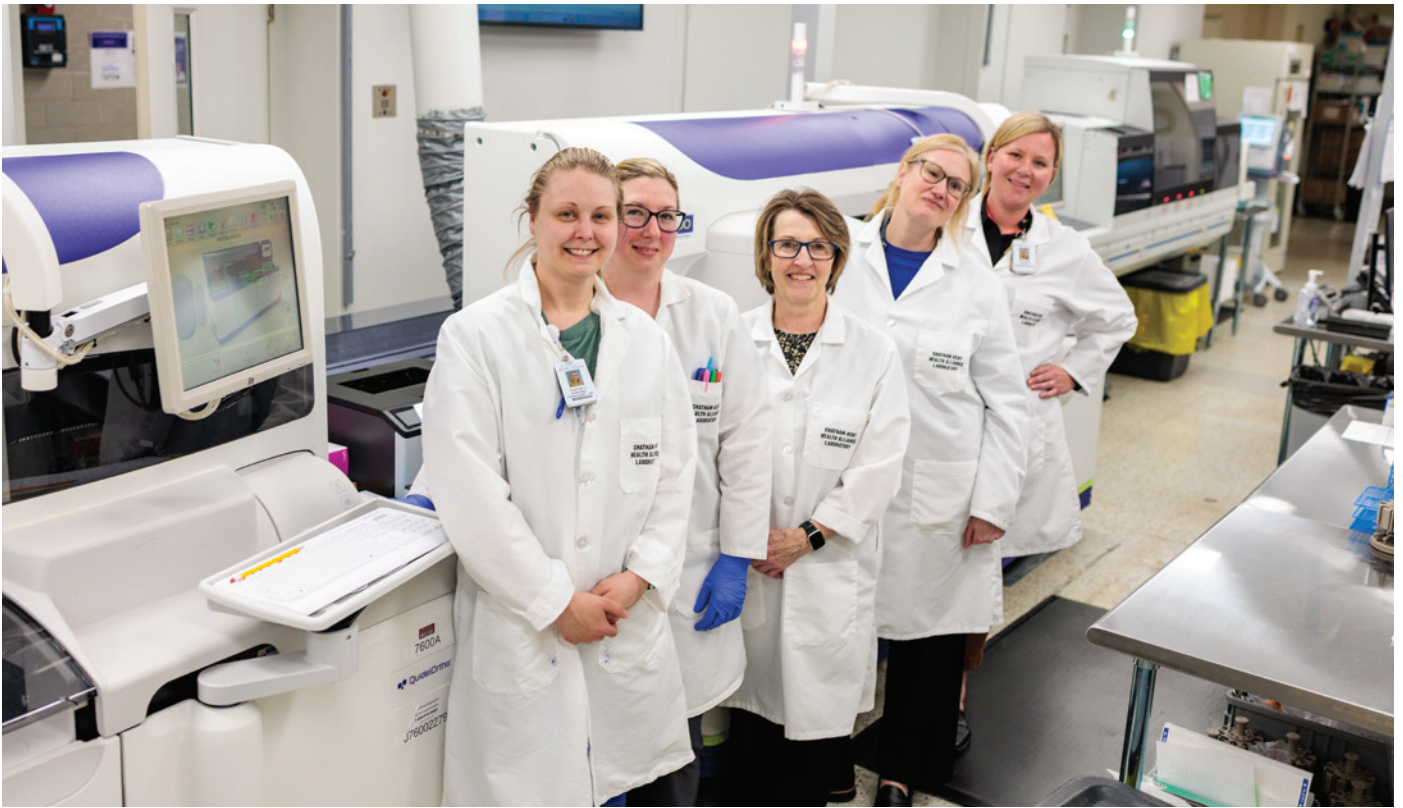
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Community support is also helping shape what comes next.

Momentum continues to grow behind the **Our Hospital, Our Future Wallaceburg Redevelopment Campaign**, bringing our community closer to a revitalized hospital that will serve patients and families for generations to come. At the same time, the Foundation has introduced a new five-year Strategic Plan focused on strengthening volunteer leadership, growing transformational philanthropy, demonstrating donor impact, and ensuring the Foundation remains strong for the future.

Both reflect the same belief: exceptional healthcare doesn't happen by chance. It happens when a community chooses to invest in it.

That may be the most important lesson from this year's Impact Report.

The Foundation does not create this impact on its own.

Our role is to connect a caring community with a hospital that depends on its support. Every donation, every volunteer hour, every sponsorship, every event ticket, every act of generosity becomes part of something much larger than itself.

Together, they become new equipment. Better technology. More comfortable patient experiences. Innovative programs.

A stronger hospital. A healthier community.

That is the true impact of philanthropy.

As we look ahead, we do so with deep gratitude for everyone who continues to stand alongside us. Whether you've made a donation, volunteered your time, attended an event, or simply helped share our story, you have played a role in strengthening healthcare close to home.

Our 2025-2026 Donor Impact Report celebrates another remarkable year of progress.

More importantly, it celebrates the people who made it possible.

Because behind every investment in healthcare is something even more meaningful:

A community that cares for one another.

To explore the Foundation's full 2025-2026 Donor Impact Report and see more stories of community impact, visit: **[CKHAF.ca/impact](https://ckhaf.ca/impact)**

Awakening the Day

Rituals That Reset Your Mind and Mood

By Windsor Body Magazine



Morning rituals are more than habits—they're a form of self-architecture, a way of shaping the emotional and cognitive landscape you'll walk through for the next sixteen hours. And while the modern world often glorifies productivity hacks and high-speed efficiency, the true power of a morning ritual lies in its slowness. It's the rare moment in the day when you can choose presence over pace, intention over reaction.

What makes mornings so influential is the body's natural chemistry. As you wake, cortisol rises in a predictable arc, preparing your brain for alertness. This isn't the villain hormone it's often made out to be; in the morning, it's your ally. When you pair this biological ignition with deliberate actions—light, breath, nourishment—you create a physiological harmony that carries into your mood, metabolism, and decision-making. It's a quiet collaboration between biology and behavior.

Light is often the first invitation. Stepping outside into the cool air, even for a few minutes, feels like a reset. The sky may be pale, the neighborhood still half-asleep, but your brain is already responding. Morning light suppresses melatonin, lifts serotonin, and signals your internal clock to align with the day ahead. People who adopt this ritual often describe a subtle shift: less grogginess, more clarity, a sense of being anchored rather than adrift. It's a simple act with profound ripple effects.

Stillness is another pillar of a meaningful morning. In a culture that equates busyness with worth, choosing to pause—even briefly—can feel radical. A few slow breaths, a moment of meditation, or simply sitting without reaching for your phone creates a buffer between you and the world's demands. This pause doesn't need to be long; even sixty seconds can soften anxiety and sharpen focus. It's a reminder that calm is not something you stumble upon—it's something you cultivate.

Journaling adds a layer of intention. The beauty of morning writing is its simplicity. You're not crafting essays; you're setting direction. One line about what you want to feel, one priority that will define success, one gratitude that shifts your emotional tone. These micro-reflections act like internal signposts, guiding your attention toward what matters most. Over time, they become a record of your growth, your patterns, your evolving sense of self.

Nourishment, too, plays a role in shaping the morning's energy. A balanced breakfast—something with protein, fiber, and color—stabilizes blood sugar and prevents the mid-morning crash that so many people misinterpret as lack of motivation. It's not about elaborate meals; it's about giving your body the fuel it needs to support your mind. Even a simple smoothie or yogurt bowl can create a foundation of steadiness.

Then there's the sensory ritual of water. A warm shower, a cool splash on the face, a bright citrus

scent—these small sensory cues awaken the body in ways caffeine alone can't. They stimulate circulation, elevate mood, and create a sense of renewal. Many people describe this moment as the emotional "click" that transitions them fully into the day.

Finally, a brief glance at your schedule—just a minute—is often enough to transform overwhelm into orientation. Identifying one non-negotiable task, one window of focus, one moment of rest can turn a scattered day into a structured one. It's not about controlling everything; it's about stepping into the day with clarity rather than chaos.

Morning rituals don't need to be perfect, aesthetic, or lengthy. They need to be yours. A personal sequence of grounding actions that remind you that you're allowed to begin gently, intentionally, and with authorship over your day. Build them like a playlist—choose what feels nourishing, what feels calming, what feels sustainable—and let that rhythm carry you forward.

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The Amazing Comeback Story Happening Inside Your Spine

What if I told you your “bad disc may be trying to heal itself?”

John shuffled into my office with the posture of someone carrying an invisible backpack full of bricks. Actually, he wasn’t carrying a backpack. He was carrying an MRI report.

He carefully unfolded the pages and pointed to a list of intimidating words.

“Bulging disc.”

“Degenerative disc disease.”

“Disc protrusion.”

He looked up and sighed.

“So...I guess this is just what happens when you get older.”

I smiled and asked him a question.

“Have you ever had a cut on your hand?”

He looked puzzled.

“Of course.”

“And did you have to remind it to heal?”

“No.”

Exactly.

One of the biggest myths about the spine is that once a disc is injured, it’s damaged forever. It’s easy to believe because words like herniated, degenerated, and ruptured sound frightening. They paint a picture of something permanently broken.

The truth is much more interesting—and much more hopeful.

Your Body Is an Incredible Repair Shop

Your body has been fixing things since the day you were born.

Break a bone? It begins rebuilding.

Pull a muscle? It lays down new tissue.

Scrape your knee? Your immune system sends in an army of microscopic repair workers before you’ve even found a bandage.

Why would your spine be any different?

It isn’t. Modern research has shown that many herniated spinal discs actually become smaller over time. In some cases, the body recognizes the material that has pushed out of the disc and slowly breaks it down, carrying it away much like a cleanup crew hauling debris from a construction site.

Perhaps even more surprising, larger herniations are often the ones most likely to shrink.

That’s right.

Sometimes the MRI finding that looks the most dramatic is also the one your body is working hardest to repair.

So Why Do I Still Hurt?

If discs can heal, why are millions of Canadians still living with back pain? Imagine you've badly sprained your ankle. The swelling improves, the torn tissue begins repairing itself. But for weeks afterward, you still limp because your body is protecting the injury. Your spine behaves much the same way.

Pain isn't simply about damaged tissue. It can also come from irritated nerves, inflammation, tight muscles, stiff joints, and the protective changes your body makes to keep you from moving in ways it thinks might cause further harm.

That's why two people can have nearly identical MRI scans yet experience completely different symptoms.

One person may spend the afternoon golfing. The other struggles to sit through a hockey game. An MRI tells us what your spine looks like. It doesn't always tell us how your spine is working.

Your Disc Doesn't Have a Heart

Here's one of my favourite facts to share with patients.

Your spinal discs have very little direct blood supply. Unlike muscles, they don't receive nutrients from blood flowing through them. Instead, they depend largely on movement. Think of a kitchen sponge. When you squeeze it, water is forced out. Release the pressure and it draws fresh water back in. Healthy spinal discs behave in much the same way. As we move throughout the day, gentle cycles of loading and unloading help nutrients and oxygen diffuse into the disc while waste products move out. Movement isn't just good for your spine. It's part of how your spine stays alive.

Of course, there's a catch. Imagine leaving that same sponge under the leg of your refrigerator for six months. Eventually it becomes flattened, stiff, and doesn't work the way it should.

Our spinal discs don't like living under excessive pressure forever either.

Where Does Spinal Decompression Fit?

One of the most common questions I hear is, "Can you put my disc back where it belongs?"

The answer is a little more complicated than a simple yes or no.

Non-surgical spinal decompression isn't magic, and it isn't appropriate for every condition. It isn't designed to "pop a disc back into place."

Instead, spinal decompression is intended to gently reduce mechanical pressure on carefully selected areas of the spine through controlled cycles of stretching and relaxation.

For suitable patients, reducing abnormal loading may help decrease irritation around spinal nerves, improve mobility, and create a more favourable environment while the body's own healing processes continue their work.

Think of it this way. If your body is already trying to repair the problem, wouldn't it make sense to give it the best possible working conditions?

The Most Encouraging Part of the Story

John returned several weeks later.
He wasn't dancing through the front door.
He wasn't claiming to be twenty-five again.
But something had changed.
He was standing straighter.
He smiled more.
He was sleeping through the night.
He'd started walking his dog again.
Most importantly, he no longer believed his spine was falling apart. That may be the greatest gift modern spine research has given us. A diagnosis is information. It is not your destiny.

Every year, countless people with disc injuries recover, regain their mobility, and return to gardening, golfing, travelling, lifting grandchildren, and enjoying life again—often without surgery.

If you've been told you have a disc problem, don't assume your story has already been written.

Sometimes the most remarkable comeback story isn't happening on a hockey rink or a football field. Sometimes it's happening quietly inside your own spine.

The first step is discovering whether your body simply needs the right environment—and the right guidance—to continue the healing it may already have begun.

SEVERE BACK PAIN ADVISORY!

Windsor's premier centre for non-surgical treatment of spine related pain has just undergone an upgrade. Inclusion into the prestigious Disc Centers of America (DCOA), the largest group of non-surgical spinal decompression doctors in the world, puts Windsor's own Schisler Spine Centre at the forefront of treating conditions such as severe back, neck, and sciatic pain.

The very first Disc Centre of Canada (DCOA) has opened and Dr. Craig Schisler of the Schisler Spine Centre couldn't be happier.

"The association with DCOA gives us access to all the latest cutting-edge research and technologies related to the non-surgical treatment of the spine. Why shouldn't Windsor have the very best the world has to offer?" says Dr. Schisler.

Chronic back pain and sciatica have reached epidemic proportions, affecting millions of people worldwide.

Chances are you or someone you care about is suffering from debilitating back or neck pain, and have tried many different medications and therapies that simply didn't work. Right now, there is a way for all of that to change, right here in Windsor, Ontario. A technology called Non-Surgical Spinal Decompression offered at the Schisler Spine Centre is offering an alternative path for those who may end up needing surgery.

For the last 20 years, Dr. Craig Schisler and his team have been dealing exclusively with chronic and serious cases of back pain, neck pain and sciatica and have kept hundreds from needing surgery.

"Our approach differs from traditional methods because we use the latest technologies proven by research to offer long-term relief and correction of bulging and herniated discs," says Dr. Schisler.

It's true. Published studies show an amazing 85% success rate for those who qualify for this revolutionary treatment.*

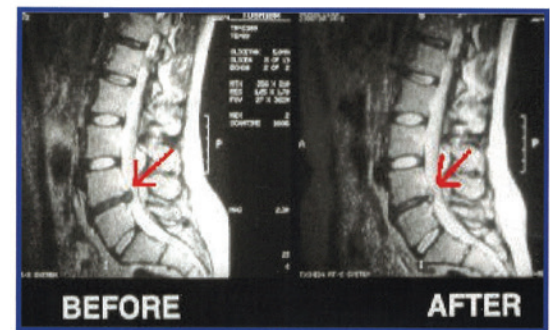
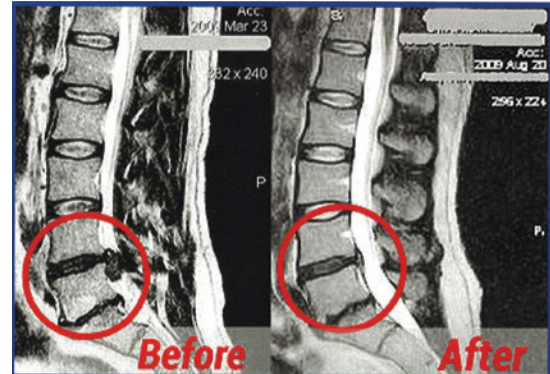
"Now as the first Disc Centre of Canada, we'll be able to improve on our record. One of the secrets to our success is we treat each patient individually and only accept those patients who we feel will benefit from our unique approach," says Dr. Schisler.

In the last 20 years, Dr. Schisler has developed proprietary protocols to treat such painful conditions as bulging and herniated discs, spinal stenosis, facet syndrome and sciatica.

At the cornerstone of the technology is the DRX9000, the state of the art, gold standard for all decompression devices.

How it Works: the process creates a negative pressure within the disc, drawing in any bulge or herniation. This stimulates "fibroblast activity" producing fresh cells and tissues within the disc. This restorative action allows the damaged disc to heal naturally, and proper function is restored to the spine.

More information can be found at The Disc Centres of Canada website, www.ontariodisccentre.ca, where you can get a free copy of The Patient's Guide to Severe Back, Neck and Disc Pain immediately.



If you or someone you care about is suffering and looking for a non-surgical solution for back neck or disc pain, there's great news. Mentioning this article will get you a free, no-obligation consultation with Dr. Schisler.

Call 519-988-0220 right now, or request your appointment through our website www.windsorspineandlaser.com.



**Call for your free, no-obligation
consultation today!**

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FALL 2026 RECREATIONAL PROGRAMS



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Art Attack or Get Messy
Comic Book Design
Little Scientists
Minecraft Creators
Music & Me
Private Piano or Harp Lessons
Parent & Tot Picasso's

DISCOVER

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Dungeons & Dragons
Kids in the Kitchen
Kids Night Out
Little Scientists
Nature Explorers

LEAD

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High Five: PHCD
LSS Assistant Instructors
LSS Instructor School
National Lifeguard & First Aid

MOVE

Adult Yoga
Couch to 5K
Dancing Kids & Dancing Tots
Dodgeball
Gymnastics & Totnastics
Indoor Soccer
K-Pop Dancers
Mama & Me Fit
P&T/Preschool All Sorts of Sports
SitFit
Turf Warriors
Youth Badminton/ Pickleball /Tennis
Youth Basketball / Volleyball
Zoomer Fit

SPLASH

Adult Lengths Swim
AquaFit
Learn to Swim Lessons
Leisure Swims
Lifesaving Club
Private Swim Lessons
Recreational Swims
Spin H2O
Sport Fundamentals

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Monday August 10 (Online) & Monday August 17 (In Person/Reception)

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★★★★★ Danny I., June 2026, **LaSalle**

Wow Wow Wow. What a pizza. Amazing cheese. Amazing crunch. You will love it! I guarantee.

★★★★★ David U., June 2026, **South Windsor**

Best Pizza in Windsor. It's perfect.

★★★★★ Shelley T., June 2026, **Riverside**

Excellent Windsor Pizza! Service is fantastic!

★★★★★ Ray A., May 2026, **Tecumseh**

Antonino's Pizza is on another level... sets the standard of what great pizza should be.

★★★★★ Doug S., May 2026, **Leamington**

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Are You Waking Up At Night To Pee? Unlock Better Sleep

By: Stephanie Neskas

Are you tired of waking up at midnight making countless trips to the bathroom while the rest of the world sleeps soundly? Nocturia, or nighttime urination, might be the culprit behind your restless nights. But did you know that it's not just about your bladder? Nocturia can also wreak havoc on your pelvic floor health, leading to discomfort and disruption in your daily life. Nocturia can contribute to pelvic floor dysfunction in several ways.

For one, the repeated trips to the bathroom during the night can place additional strain on the pelvic floor muscles. It can also disrupt the normal bladder function, causing it to become overactive or hypersensitive. The frequent need to urinate can lead to a loss of bladder capacity, as the bladder becomes used to holding smaller amounts of urine and becomes less able to stretch and contract effectively.

Reclaim Your Nights, Rejuvenate Your Days

The good news is that innovation is here to help. You may often hear that Kegel exercises help to improve the fitness of your pelvic floor muscles. The challenge with Kegel exercises can be simply remembering to do them, or if you do, doing them correctly. Research also shows that most people struggle to do them correctly or to do enough to make an impact.

UROSPOT is a private pelvic health clinic that combines technology, education, and health coaching to get you sleeping through the night again. At UROSPOT, you always remain fully clothed. Nothing goes inside your body, and nothing is touching you. UROSPOT uses a medical device that looks like a chair. It is lovingly called the "Kegel Throne". Simply by sitting on the chair, you'll effectively do 11,000 Kegels in just 28 minutes,



without taking off your clothes and without anyone touching you. The chair uses innovative technology in a non-invasive way to strengthen and restore your pelvic floor and it's FDA and Health Canada approved. It's like outsourcing your Kegels so there's no more pee at 1AM, 2AM, or 3!

UROSPOT is pelvic health done differently. Our team of pelvic health professionals help women and men say goodbye to bladder leaks, frequency, urgency, poor sexual functioning, prolapse and other pelvic floor issues.

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Life has a way of closing doors we never imagined would shut. Mine sure did. After relocating back to my hometown with my three beautiful children, what felt like an ending became the beginning of the best chapter of my life.

Instead of dwelling on what I couldn't change, I embraced change and committed to becoming the best version of myself I became the mother my three beautiful children deserved. Every decision I made to better my life was, and always will be, for them.

Starting over wasn't easy. Building a new life meant leaving behind familiarity and finding the courage to begin again. Sometimes, the life you've been hoping for begins the moment you trust yourself enough to embrace your next chapter.

I stepped away from my career as a Real Estate Law Clerk and took a leap of faith into something new. Transitioning into the mortgage industry allowed me to combine my legal background with something even more meaningful. Today, I have the privilege of helping families navigate one of the biggest financial decisions of their lives with honesty and genuine care.

Every mortgage approval is another step toward building a legacy that my children can stand on, while helping other families begin their next chapter.

If my story reminds anyone of one thing, I hope it's this: Never underestimate what you're capable of your greatest chapters are often written after your hardest ones. Never give up on yourself.

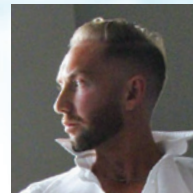
The life waiting on the other side of your fears may be greater than anything you ever imagined.

- Alaa Jaber ♥



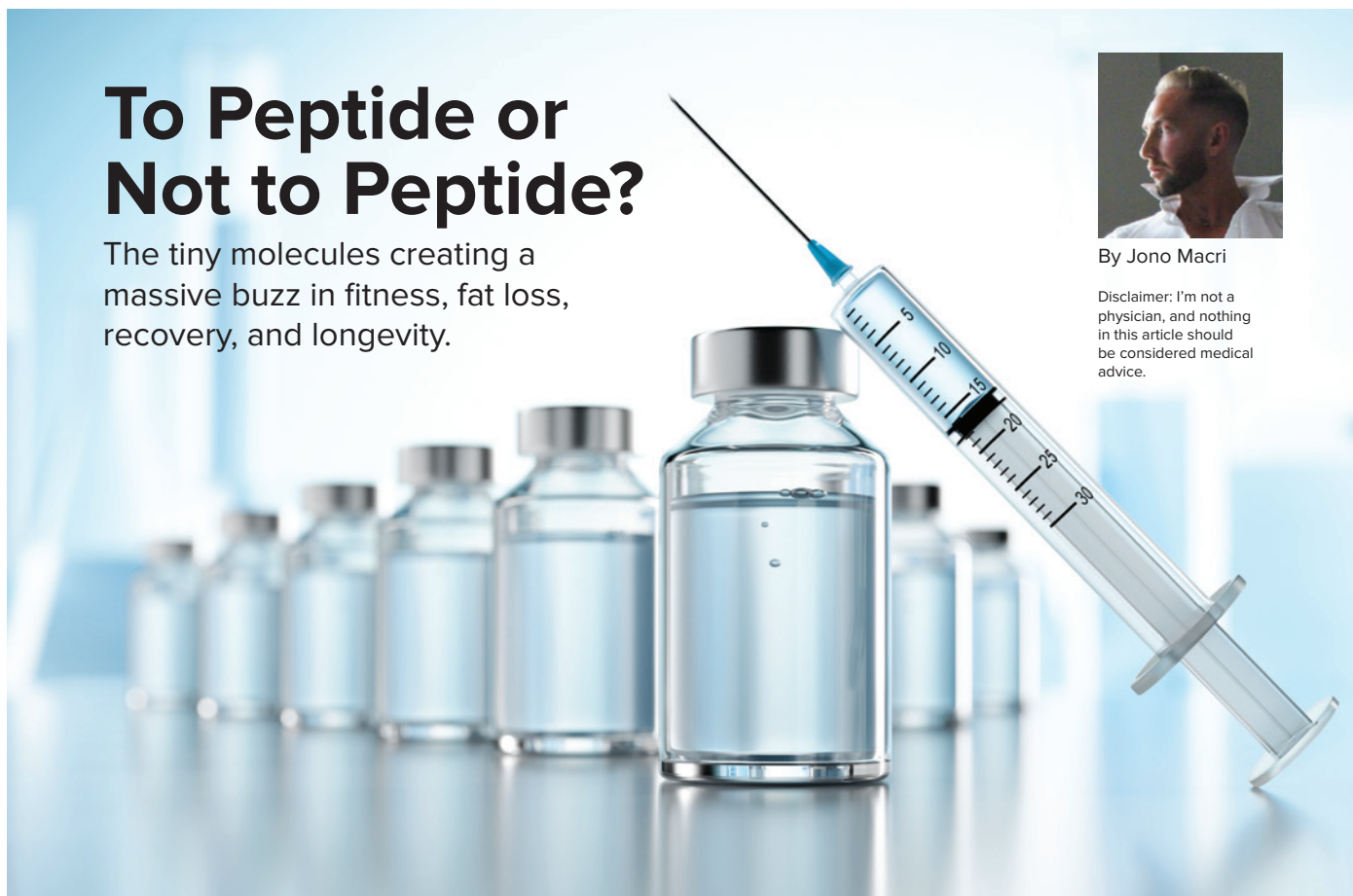
To Peptide or Not to Peptide?

The tiny molecules creating a massive buzz in fitness, fat loss, recovery, and longevity.



By Jono Macri

Disclaimer: I'm not a physician, and nothing in this article should be considered medical advice.



The information below is intended for educational and entertainment purposes only. Always consult a qualified healthcare professional before starting any medication, peptide, or wellness program.

If you've spent more than five minutes on social media lately, you've probably heard someone talking about peptides.

The fitness influencer who's suddenly leaner. The entrepreneur obsessed with longevity. The athlete recovering faster than ever. Even Hollywood seems to have caught the peptide bug.

But what exactly are peptides, and are they really the breakthrough they're being hyped up to be? Let's dive in.

What Are Peptides?

Think of peptides as the body's text messaging system.

They're short chains of amino acids that send instructions to your cells: heal this tissue, burn

that fat, produce more collagen, improve recovery, or regulate appetite. The important thing to understand is that peptides aren't foreign invaders. Your body naturally produces hundreds of them every day. Scientists have simply learned how to harness and replicate some of these biological signals for therapeutic purposes. That's why peptides have become one of the fastest-growing categories in modern health, wellness, and performance medicine.

Are Peptides Legal?

The answer is: it depends.

Some peptides are approved prescription medications. Others are still considered investigational and are being studied in clinical research. Regulations vary by country, which is why you'll often hear conflicting information online. One thing is certain: quality matters.

Working with a qualified medical provider is very different from ordering mystery compounds from an unknown website.

Why Do Some People Fear Peptides?

Much of the skepticism comes from confusion. Many people lump peptides into the same category as anabolic steroids, but they're not the same thing. Most peptides don't replace hormones. Instead, they signal the body to perform functions it already knows how to do. That doesn't make them risk-free, but it does make them fundamentally different from traditional performance-enhancing drugs.

The Top Peptides Everyone Is Talking About

Retatrutide

The rising superstar of metabolic health. Clinical trials have shown impressive weight-loss results while also improving blood sugar control and reducing visceral fat. Many experts believe it could represent the next generation of obesity treatment.

GHK-Cu

Often called the "regeneration peptide," GHK-Cu has gained attention for supporting collagen production, skin quality, hair growth, and tissue repair. It's becoming a favourite among both longevity enthusiasts and the aesthetics crowd.

BPC-157

Known as the recovery peptide. While human data remain limited, early research has generated significant interest for its potential role in tendon healing, injury recovery, gut health, and inflammation management.

MOTS-c

Produced naturally within our mitochondria, MOTS-c is being studied for its effects on energy production, insulin sensitivity, and healthy aging. Think of it as one of the most intriguing peptides in the longevity space.

Tesamorelin

Originally developed for reducing visceral abdominal fat, Tesamorelin has become popular among those seeking improvements in body composition while preserving lean muscle mass.

CJC-1295 and Ipamorelin

Often paired together, these peptides encourage the body's natural growth hormone release.

Users commonly report improved sleep, recovery, body composition, and overall vitality.

The Questions Everyone Asks

Are peptides magic?

No. You still need proper nutrition, exercise, sleep, and consistency.

Are they steroids?

No. Most peptides work through signaling pathways rather than directly replacing hormones.

Do they work?

Some have extensive clinical research behind them, while others remain promising but still under investigation. Results depend on the peptide, the individual, and the quality of medical oversight.

The Bottom Line

The excitement around peptides isn't just another health trend. For the first time, we're seeing therapies that may help support recovery, body composition, healthy aging, metabolic health, and overall wellness by working with the body's own communication systems.

Are peptides the future? Maybe.

Are they a shortcut? Definitely not.

But in a world searching for ways to live longer, feel better, recover faster, and age more gracefully, peptides may be one of the most fascinating developments we've seen in decades.

Whether peptides become the biggest medical breakthrough of our generation remains to be seen. But one thing is becoming increasingly clear: we're entering an era where medicine isn't just about treating disease—it's about helping the body perform the way it was designed to.

The most remarkable discoveries in science often begin quietly. A curious observation. A bold idea. A tiny molecule. Peptides may be exactly that.

And years from now, we may look back on this moment and realize we weren't simply watching another health trend...

We were watching the future of medicine take shape—one amino acid at a time.



Vibrant Lettuce Wraps with Crunchy Veggie Slaw

8–10 leaves

Large lettuce leaves (romaine or butter)

1 lb Ground meat (chicken, turkey, or beef)

2 tbsp Soy sauce

1 tbsp Rice vinegar

1 tbsp Honey or brown sugar

2 cloves Garlic, minced

1 tsp Ginger, grated

1 cup Shredded purple cabbage

1/2 cup Shredded radish or daikon

1/2 cup Thin-sliced red bell pepper

1/4 cup Shredded beet (optional)

2 tbsp Green onions, sliced

1/4 cup Your favorite Asian-style dipping sauce

Instructions

1. Prepare the lettuce Rinse and pat dry the lettuce leaves. Keep them chilled for extra crispness.

2. Cook the meat In a skillet over medium heat, sauté the ground meat until browned. Add garlic, ginger, soy sauce, rice vinegar, and honey. Cook until the mixture thickens slightly.

3. Build the slaw In a bowl, combine cabbage, radish, red pepper, beet, and green onions. Toss lightly to keep the colors vibrant.

4. Assemble the wraps, spoon warm seasoned meat into each lettuce leaf. Top generously with the crunchy veggie slaw.

5. Serve the wraps and pair with a small cup of dipping sauce for drizzling or dipping.

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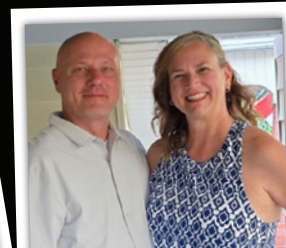
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Fueling the Modern Athlete: Inside the New Era of Sports Nutrition

By Windsor Body Magazine

Sports today move at a blistering pace. Training is smarter, recovery is faster, and performance is measured in microscopic detail. Yet one factor has quietly become the most influential variable in an athlete's success: nutrition. Not the old "protein shake and a banana" approach, but a new science-driven philosophy that treats food as strategy, precision, and power.

Sports nutrition has evolved from simple fueling to a sophisticated system that shapes how athletes train, compete, and recover. Every gram of carbohydrate, every sip of electrolyte solution, every protein-rich meal is part of a larger plan designed to optimize performance. And for athletes at every level — from weekend runners to elite professionals — this shift is redefining what it means to be prepared.

The Rise of Personalized Fueling

Modern athletes no longer follow generic meal plans. Instead, they rely on personalized fueling strategies built around their metabolism, training cycles, and even their gut microbiome. Continuous glucose monitors reveal how their bodies respond to specific foods. Sweat-sodium tests determine exactly how much electrolyte replacement they need. Metabolic carts measure how efficiently they burn fuel during exercise.

This data-driven approach allows athletes to tailor their nutrition with remarkable accuracy. A sprinter may need rapid-release carbohydrates before explosive training. A long-distance runner might rely on slow-burning fuel to sustain endurance. A strength athlete's success

may hinge on protein timing and recovery nutrients. Personalized fueling ensures every calorie serves a purpose.

Carbohydrates: The Athlete's Power Source

Despite the popularity of low-carb diets, carbohydrates remain the backbone of athletic performance. They are the body's preferred energy source for speed, power, and endurance. But today's athletes don't simply load up on pasta the night before competition. They carb-periodize, adjusting intake based on training intensity.

High-carb days support heavy intervals, long runs, or explosive workouts. Lower-carb days encourage metabolic flexibility and fat adaptation. This rhythm keeps athletes energized without unnecessary weight gain — a balance that was once difficult to achieve.

Protein: The Architect of Strength and Recovery

Protein has always been essential for muscle repair, but new research shows that timing is just as important as quantity. Instead of one massive post-workout shake, athletes now spread protein evenly throughout the day to keep muscle protein synthesis active.

Every three to four hours, a dose of high-quality protein — paired with carbohydrates — helps rebuild muscle fibers, reduce soreness, and prepare the body for the next training session. This steady approach supports strength, resilience, and long-term performance.



Hydration: The Hidden Performance Variable

Hydration is more complex than drinking water. Athletes lose sodium, potassium, and magnesium through sweat, and replacing only water can dilute the body's electrolyte balance. Modern hydration plans are built around sweat-rate testing and personalized electrolyte formulas.

A cyclist racing in summer heat may need triple the sodium of a basketball player training indoors. A tennis player competing in a long match might require hydration every changeover to maintain reaction time and mental clarity. Hydration is no longer an afterthought — it's a science.

The Gut: Sports Nutrition's New Frontier

One of the most surprising breakthroughs in sports nutrition is the role of the gut microbiome. Athletes with diverse gut bacteria recover faster, experience fewer digestive issues, and may even produce more natural energy substrates during endurance exercise.

Fermented foods, fiber-rich meals, and probiotic supplementation are becoming staples in training diets. The gut, once overlooked, is now recognized as a performance organ.

The Mental Edge

Nutrition doesn't just fuel muscles. It fuels the mind. Stable blood sugar sharpens focus. Omega-3 fats support cognitive resilience. Proper hydration improves reaction time. Athletes who fuel correctly often describe feeling calmer, clearer, and more in control — a mental advantage that can be the difference between winning and losing.

The Future of Sports Fueling

Sports nutrition is moving toward full integration with training data. Imagine a future where your smartwatch tells you exactly what to eat after a workout, or where your pre-game meal is tailored to your sleep quality, stress level, and metabolic rate. That future is already emerging, and athletes who embrace it are gaining a measurable edge.

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Helping Patients Understand the "Why" Behind their Pain.

By Dr. Nic Meloche

Cabana Chiropractic & Health Centre has been serving the Windsor-Essex community for over 25 years, providing patient-centred chiropractic and rehabilitative care for individuals of all ages. Founded on the principles of evidence-informed treatment, personalized care, and patient education, the clinic offers chiropractic care alongside spinal decompression, shockwave therapy, acupuncture, massage therapy, laser therapy, red light therapy, custom orthotics, and naturopathic care to help patients recover, regain mobility, and stay active.

Leading the clinic is Dr. Lisa Rino, whose decades of clinical experience have established Cabana Chiropractic as one of Windsor's trusted multidisciplinary practices. After completing degrees in Science and Education at the University of Windsor, she earned her Doctor of Chiropractic from the Canadian Memorial Chiropractic College, pursued certification in acupuncture, and completed further training in pediatric and pregnancy care through the International Chiropractic Pediatric Association. Her commitment to compassionate, one-on-one care continues to shape the culture of the clinic and its patient-first philosophy.

Joining Dr. Lisa is Dr. Nic Meloche (BHK, DC), a chiropractor licensed in both Ontario and Michigan who brings a modern, evidence-based approach to musculoskeletal health. After completing his Bachelor of Human Kinetics, Dr. Nic earned his Doctor of Chiropractic degree and has developed a strong clinical interest in rehabilitation, sports injuries, spinal decompression, soft tissue therapy, and helping patients understand the "why" behind their pain. Passionate about continuing education, he is committed to staying current with the latest research and integrating proven treatment methods into everyday practice.

Outside the treatment room, Dr. Nic is equally dedicated to educating the community. He is the author of a patient-focused health book, regularly creates educational resources for patients, and enjoys sharing practical health information and educating through social media. His philosophy is simple: empower patients with knowledge, identify the root cause of their condition whenever possible, and develop

individualized treatment plans that keep them active for years to come.

Whether treating young athletes, busy professionals, seniors hoping to remain independent, or individuals recovering from workplace or motor vehicle injuries, our team of healthcare providers at Cabana Chiropractic believes successful care begins with listening. Every patient receives a thorough assessment, clear explanations, and realistic expectations before treatment begins. Together, Dr. Lisa and Dr. Nic combine experience with fresh perspectives to create an environment where patients feel heard, respected, and confident in their care.

At Cabana Chiropractic & Health Centre, the goal extends beyond simply relieving pain. Through evidence-based care, education, and a genuine commitment to improving the wellbeing of every patient they serve, the team strives to help Windsor residents move with confidence, stay active, and return to the activities they enjoy.





GLP-1

The Drug That Jumped From Clinics to Celebrities.

By Windsor Body Magazine

GLP-1 medications like Ozempic, Wegovy, Mounjaro, and Zepbound were once quiet tools in endocrinology offices. Today, they're front-page news, red-carpet conversation, and algorithm-boosted content across YouTube and TikTok. What started as a medical breakthrough has become a cultural phenomenon — reshaping how we talk about weight, wellness, and even fame.

What makes this shift so striking is how quickly GLP-1s escaped the clinical world and entered the cultural bloodstream. A decade ago, these drugs were discussed in medical journals and diabetes conferences. Now they're debated on podcasts, whispered about at award shows, and dissected in influencer videos with millions of views. The transformation didn't happen because the science changed — it happened because the storytellers did.

Hollywood was the first to crack the door open. When Oprah Winfrey publicly acknowledged her use of GLP-1 medication, she reframed the conversation with the kind of emotional honesty only she can deliver. Her admission wasn't about vanity

or image; it was about biology, hunger, and the lifelong battle she's fought under the glare of public scrutiny. Serena Williams added athletic credibility to the narrative, explaining how GLP-1s helped her recalibrate her body after childbirth and regain the energy she once relied on. Amy Schumer brought humor and vulnerability, describing how Mounjaro eased her perimenopause symptoms and made her feel more like herself. Vanessa Williams called the medication a “game-changer” during menopause, while Kelly Clarkson shared that GLP-1s helped her manage a pre-diabetic diagnosis. Even Shaquille O'Neal joined the chorus, crediting Zepbound for improving his sleep apnea and helping him shed weight.

These stories didn't just normalize GLP-1s — they legitimized them. When celebrities who have spent their lives under intense physical scrutiny speak openly about biology over willpower, the cultural narrative shifts. The myth of “just try harder” begins to crumble.



But the real explosion happened online. YouTube creators became the new chroniclers of the GLP-1 era, documenting their journeys with a level of intimacy Hollywood could never match. Their videos are raw and unfiltered: first injections filmed in bathroom mirrors, candid confessions about nausea, emotional reflections on shrinking appetites, and weekly weigh-ins that feel more like therapy sessions than content. Some creators dive into the science, explaining how semaglutide slows digestion or how tirzepatide affects insulin sensitivity. Others focus on the emotional transformation — the shock of seeing their face change, the discomfort of rapid weight loss, the fear of judgment, and the relief of finally feeling in control.

This wave of influencer storytelling has made GLP-1s feel less like a celebrity secret and more like a shared human experience. It's one thing to hear a superstar talk about biology. It's another to watch someone who looks like you, lives like you, and struggles like you navigate the same medication with honesty and vulnerability.

Together, celebrities and influencers have created a cultural turning point. GLP-1s are no longer just medications; they're symbols of a broader shift in how society understands weight. For decades, weight loss was framed as a moral issue — a matter of discipline, effort, and personal responsibility. GLP-1s disrupt that narrative. They reveal what many people have known privately: hunger is not always psychological, metabolism is not always controllable, and biology often has the final word.

The science behind these drugs is compelling — GLP-1s regulate blood sugar, slow digestion, and reduce appetite, leading to clinically significant weight loss and improved metabolic health. But the cultural impact is even more profound. These medications are influencing beauty standards, reshaping fitness culture, altering casting decisions, and forcing a reevaluation of long-held beliefs about obesity and health.

The celebrity wave made GLP-1s visible. The influencer wave made them human. And together, they've turned a medical breakthrough into a cultural revolution — one that's still unfolding, still controversial, and still deeply personal.



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