

## Our Team

**KAREN THEIMER**

**KAREN THEIMER, RMT, RHN**

**Occupation:** Registered Massage Therapist, Registered Holistic Nutritionist

**About me:** I am very passionate about health and wellness. I am an independent distributor for a company called Organo. Reishi infused coffee, tea, and many other beverages. for over 4 years I love the outdoors and have been riding horses since I was a child.

**Special Interests:** Karen is both a Registered Massage Therapist (RMT) and a Registered Holistic Nutritionist (RHN). Her academic credentials and professional experience has provided her with a diverse understanding of sports therapy and rehabilitation treatments, acute and chronic injuries, concussions, repetitive strain, and correction of postural dysfunction through massage therapy. During her career, Karen has worked with Olympic athletes in a variety of sports, including rowing and figure skating, as well as with professional cyclists.