



ReNu Health and Wellness offers alternative care

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The region's hotbed of alternative health has a new addition.

New Hamburg, home to a wide variety of health practitioners, has a new clinic.

ReNu Health and Wellness opened the doors to their business in November.

Angie Hallman and Jasmine Barker operate the latest health clinic to open in Wilmot.

Both women are Registered Massage Therapists.

Hallman said she practices massage, personal training, nutritional counseling, heat stone massage and Reiki.

Hallman is in her sixth year as a RMT. A graduate of the Canadian College of Massage and Hydro Therapy, she has experience treating a variety of ailments. Her skills range from relaxation massage to treating sport specific injuries.

She offers home personal training for people who are more comfortable in their own environment, or who perhaps have their own home gym.

Hallman said she doesn't charge for home visits if the client lives in New Hamburg. She said she has many clients from Morningside who are widows who do not drive.

Hallman was formerly an employee of Body Works. The owner left to return to Calgary, so Hallman opted to start her own company in the same location.

Hallman also works with a motorcycle racing team. Go Big Racing has hired her to work as a massage therapist and personal trainer.

She traveled with the team to various races, providing the riders with massage and food between laps. "It was very stressful," she said. Barker came to the clinic when Hallman was trying to fill an open position.

"She had just the right chemistry for this place," Hallman said.

She said Barker provides the personal but professional attitude needed in a clinic such as ReNu.

"In a small town your clients are like family," she said.

Barker is a recent graduate from the same college as Hallman. She graduated valedictorian in her class. While in school, Barker worked with Multiple Sclerosis patients and cancer patients at the Grand River Cancer Centre.

"I found that was really an eye opening experience," she said.

Another experience Barker noted was how some doctors gave her education little consideration. Hallman told similar stories of doctors being unaware of the education most RMTs have.



Jamine Barker and Angie Hallman offer a wide variety of services at ReNu Health and Wellness.

They completed kiniseology, nuerology and a variety of other medical studies. Doctors practicing in New Hamburg seem to have a more open mind, the two agreed. "New Hamburg has a very open mind about medicine," Barker said, noting many local practitioners have sent patients their way. There are a variety of alternative medical centres in Wilmot, but Hallman said she doesn't feel in competition with any of them.

"It's a really good area for alternative health," she said. ReNu Health and Wellness is located at 251 C Huron Street in New Hamburg. They can be reached at 519- 662-6277.

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