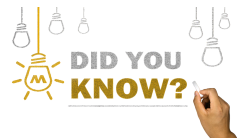


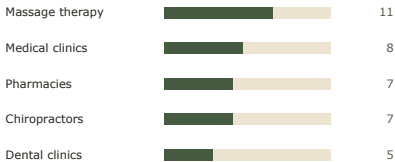
THE WELLNESS HUB

More health and wellness businesses
than any other category



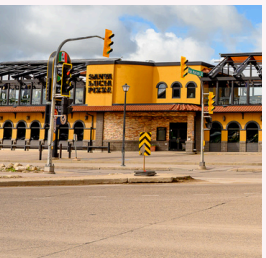
76

of 274 Norwood Grove businesses — 28% of the district



Walk any stretch of Marion Street and you’re rarely more than a few doors from somewhere to look after yourself — a massage therapist beside a pharmacy, a chiropractor across from a dental clinic, a fitness studio around the corner from a family medical practice.

No other category comes close. Wellness outnumbers the district’s professional and financial services (49) and its restaurants and cafés (38) combined with room to spare.



1. Revolution Rehab, Domino's | 2. Dug & Betty's | 3. Pet Valu | 4. Red Top | 5. Norwood Hotel
6. Loch Gallery 7. Santa Lucia Pizza | 8. Mrs. Mikes 9. Infernos Bistro



RESTORE

Feel refreshed in 30 minutes.

30-MINUTE COMPRESSION RECOVERY

SAVE
\$10

\$30

REGULARLY
\$40



BOOK ONLINE

Scan to learn more and
reserve a session.

Revolution
REHAB

230 Marion St.



Norwood
Health & Wellness

2-3 St. Mary's Road • Winnipeg
204-231-5666



SAVE
\$90

ON YOUR INITIAL
CHIROPRACTIC
ASSESSMENT

norwoodchiropracticcentre.com

WHEN YOU
BOOK ANY
WELLNESS
SERVICES

GET
FREE
ICE PACK



Thyme
cafe • used books

**BUY ANY TWO
BOOKS
GET A CUP OF
TEA-FREE**

268 Tache Ave, Winnipeg MB R2H 1Z9
(204) 233-0441 www.thymecafe.ca



BOLD HAIR BOUTIQUE



AVAIL A HAIRCOLOUR
WITH RHIANNON

282 Tache • Winnipeg, MB • R2H 2A1
(204) 504-7565



Mohni SPA & NAILS

Our Services Include:

- Laser Hair Removal
- Microneedling
- Facials
- Hydrafacial
- Dermaplaning
- Microdermabrasion
- Waxing Threading
- Manicure Pedicure
- Gel nails
- Massage
- Make-up



NEW CLIENTS

**GET DISCOUNT ON
YOUR FIRST VISIT!**

www.mohnispanails.com

250 Marion Street (204) 219 4071

**15%
OFF**



SevenK
EXTENDED

Discount
Voucher



111 Marion Street • Winnipeg, MB • R2H 0T2
204-399-3719

www.sevenkextended.ca





DISCOUNT VOUCHER

FOOD ORDER OVER \$50.00

BEFORE TAXES

Not Valid with any other

Promotional Offers or Specials.

Valid Lunch & Dinner.

One Promo Per Table.

Dine in Only.

**\$15
OFF**

109 Marion St, Winnipeg MB R2H 0T2

204-231-1403



Unit 1- 150 Goulet Street
(204) 306-3530

REFRESH.
ENJOY.
REPEAT.

FAVORITE DRINKS
& SNACKS
FOR EVERY MOMENT

- PREMIUM BEVERAGES
- QUALITY SNACKS
- SELECTED

**5%
OFF**

OAKWOOD
SMOKED MEATS

NEW
Arrivals

FRESH FLAVOURS.
QUALITY YOU CAN TASTE.



Discount Voucher

Get exclusive savings when you
spend \$50.00, Get \$5 Off

137 Marion St, Winnipeg, MB R2H
204-586-8585

www.spiceworld.ca

Spice
World
OF CANADA

**\$5
OFF**





_____.NOLA

Join us for Lunch at Nola
Tuesday to Saturday 11 AM to 3 PM
Receive 10% Off Your Lunch With This Coupon!

Nola
101 - 300 Tache Ave. Winnipeg, Manitoba. R2H 2A2

@nola.wpg
www.nolawpg.com



50%
OFF

WOOD TAVERN

APPETIZER DISCOUNT VOUCHER

UPON PURCHASE OF 2 ENTREES
AVAILABLE DAILY FROM 4PM-CLOSE

112 Marion St, Winnipeg MB R2H 0T1
204-235-6003
www.thewoodtavern.com



50% OFF

PAULINE

MIMOSAS

With purchase of two tickets to Pauline's
new Saturday High Tea sessions.

112 Marion St, Winnipeg MB R2H 0T1
204-235-6001
www.paulinebistro.com

**GOOD MOURNING
TATTOO COMPANY**

276- Unit 4 Marion Street • Winnipeg, MB • R2H 0T7

www.goodmourningtattoo.com

**\$10 OFF
A PIERCING
BY APPOINTMENT**

@GOODMOURNINGTATTOO



Discount
Voucher

EXCLUDES CONSIGNMENT & SALE ITEMS

260 Tache Avenue • Winnipeg, MB • R2H1Z9
204-791-2009

www.frenchiesrecords.ca



**FRENCHIE'S
RECORDS & COFFEE**

"The perfect blend"



Special
Discount

Market Style Bouquets purchased online
Use promo code NORWOODBIZ

139 Marion Street • Winnipeg, MB • R2H 0T3
(204) 237-4567

www.shop-kado.ca



**10%
OFF**